

## Field: PHYSIOTHERAPY

Watch the YouTube video *ORTHOPEDIC TEST FOR SHOULDER, SPINE, AND POSTURE* about physiotherapeutic exercises for the spine and answer the questions below:

<http://www.youtube.com/watch?v=Tt6j1JzPQAA>

1. What 3 types of programs was Kate Grace asked to create in order to assist other PT's with their patients?

\_\_\_operative

\_\_\_operative

\_\_\_operative

2. What is the general name for the tests you can do to differentiate between different pathologies in the shoulder?

3. Complete the gaps in the text from THE SPINE section

*In the spine there is many p..... you want to check for m....., e.g. flexion and standing when the patient goes down into full f....., comes back u..... as you watch the v..... move segmentally; e..... same thing, side g..... same thing, watching their spine move in s.....*

4. Listen carefully to THE SPINE section and choose the answer a) or b)

*And there is one of the tests that is important particularly for the lumbar spine, and it is called the.....(1) glide, when the patient keeps their shoulders in ..... (2) and they .....(3)their hips without bending the knees .....(4) to one side, back to the centre, and then back over to the side and back to the centre. It should be .....(5) and symmetrical on both sides.*

1 a) site

b) side

2 a) a line

b) alignment

3 a) shift

b) shut

4 a) over

b) off

5 a) equal

b) all

5. In THE CERVICAL SPINE Katy mentions mobilization with movement – what are the 2 types of exercises which she shows

a) cervical .....

b) cervical .....

**Bibliography:**

Kate Grace, *Orthopedic Test for Shoulder, Spine and Posture*, [online], [dostęp 10 listopada 2013], dostępny w internecie: <http://www.youtube.com/watch?v=Tt6j1JzPQAA>.

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