

**ФГБ ПОУ «КИСЛОВОДСКИЙ МЕДИЦИНСКИЙ КОЛЛЕДЖ»
МИНЗДРАВА РОССИИ**

УЧЕБНО-МЕТОДИЧЕСКИЕ МАТЕРИАЛЫ

учебной дисциплины

**ОГСЭ.03 ИНОСТРАННЫЙ ЯЗЫК В ПРОФЕССИОНАЛЬНОЙ
ДЕЯТЕЛЬНОСТИ**

специальность

34.02.02 МЕДИЦИНСКИЙ МАССАЖ

(для обучения лиц с ограниченными возможностями здоровья по зрению)

**Квалификация - медицинская сестра по массажу /
медицинский брат по массажу**

Организация-разработчик: федеральное государственное бюджетное профессиональное образовательное учреждение «Кисловодский медицинский колледж» Министерства здравоохранения Российской Федерации

Разработчик: Осипова Ляна Сергеевна, преподаватель высшей квалификационной категории ФГБ ПОУ «Кисловодский медицинский колледж» Минздрава России

Тема 12. Проведение медицинского массажа

Изучение лексического минимума, необходимого для чтения и перевода профессионально-ориентированных текстов.

Разработка монологических текстов о роли массажа для здоровья человека, технике выполнения массажа, основных приемах классического, рефлекторного массажа и массажа в педиатрии.

Составление диалогов общения массажиста и пациента.

Выполнение коммуникативных заданий по теме.

Грамматика: сложносочиненные предложения.

Выполнение лексико-грамматических упражнений.

Практическое занятие 12.1 «Роль массажа для здоровья человека»

I. Прослушайте / прочитайте и переведите текст.

Massage therapy is a very physical profession, and because of this the risk of injury is quite high. I am sure many of us have suffered from some kind of strain during our career, often as a result of poor position or motion when giving a massage. **To be able to perform our work effectively and injury-free, requires a set of skills in ergonomics** that many of us studied at the beginning of our career but may have forgotten by now, or simply do not apply in our everyday work. I wanted to write this article with some **top ergonomic tips for massage therapists hoping that they will help you work in a safe and effective manner.** This will benefit yourself both short- and long term and help you run a successful massage practice for a long long time ahead.

Ergonomic Tips for a Safe and Durable Massage Career

- **MASSAGE TABLE HEIGHT.** Make sure that your massage table is at a proper height. For normal massage, a good reference height is your wrist, and for a deep pressure massage, in which you use especially your body weight for applying pressure, it should be a bit lower.
- **POSTURE.** The correct posture for applying massage is standing with your feet shoulder width apart and knees slightly bent. The idea is to move your body weight from one leg to the other, in a soft rocking movement. Depending on the massage stroke applied, you move your body weight sideways or forwards and backwards. Remember to keep your back straight and neck relaxed!
- **APPLYING PRESSURE CORRECTLY.** When applying pressure, the force should originate in your shoulders or forearms, and not your hands/fingers. The

idea is to use your body weight as much as possible in order not to strain your hands and fingers.

- **TAKE BREAKS.** Try to have a minimum of 15min break between the massage treatments.
- **ALTERNATE TREATMENTS.** Try to never apply a deep pressure massage (such deep tissue massage, sports massage...) for more than 120min. When possible, try to combine deep pressure massages with softer massage treatments (this is naturally easier when working for a large Spa or Wellness Center as they have several therapists that can alternate).
- **STRETCH.** Stretch your fingers, wrists, arms, shoulders and neck at least twice a day. A good time to do this is to use 5min (or more if you have time!) of your break to stretch. Remember to keep your neck and jaw relaxed when giving a massage (we tend to tense them). It helps to breath long and deep breaths, this will relax you.
- **SAFE FOOTWEAR.** Use adequate shoes that are comfortable, breathable and allow you to move safely.
- **PROJECT AN EXEMPLARY IMAGE.** We work in the Wellness sector, and maintain yourself in a good physical shape through exercise, stretches, and a healthy nutrition. Maintain your mind at ease, and work on living on positive energy. A great practice that works on a body-mind-energy level is Yoga; it makes us strong, flexible and gives us peace of mind, all in one!
- **WAITING FOR INPUT...**

II. Выполните задание.

The last three points blank here are consciously left, hoping that you would fill them out. Please write three ergonomic tips for massage therapists in the comments below, that in your experience are crucial, and that you want to share with other massage therapists and bodyworkers!

Практическое занятие 12.2 «Роль массажа для здоровья человека»

I. Прослушайте / прочитайте и переведите текст.

What Massage Can Do for You

- Improve areas of strains, sprains, fibrosis, spasms, and scar tissues.
- Provide more energy
- Contribute to secreting endorphins (the body's natural pain killer)
- With the help of diet and exercise, Massage helps to restore the contour of the body by reducing fat deposits.
- Help muscles to stay flexible and allow Athletes to train at a higher level and - decrease the chance of injury.

- Help to reduce edema.
- Help to strengthen the spine and enhance the beneficial effects of Chiropractic adjustments.
- Increase the amount of red and white blood cells
- Improve blood circulation

The Many Benefits of Therapeutic Massage

enhances general health

Therapeutic massage can be an important component of your health maintenance or wellness plan. It helps both the body and the mind to function properly.

- Maintains well-nourished and healthy skin
- Improves blood and lymph circulation
- Relaxes muscles and improves joint mobility
- Provides general relaxation
- Improves immune system functioning

eliminates problem conditions

Therapeutic massage can help to relieve certain common physical problems, and bring the body back to the optimal balance.

- General muscular tension and aches
- Headaches
- Muscular back pain
- Poor circulation
- Stress and anxiety

supports your fitness or sports program

Therapeutic massage can be an important addition to your fitness or sports program, helping you to achieve your goals without injury and pain.

- Relieves tired and sore muscles
- Helps to improve flexibility
- Relaxes tight muscles
- Speeds up recovery from strenuous physical exertion
- Reduces anxiety of athletic competition

combats the negative effects of aging

Therapeutic massage is effective in combating the negative effects of aging noticed in the middle and late years of life. It helps to keep body tissues and basic functions in a more youthful state.

- Enhances tissue elasticity and joint flexibility
- Improves blood and lymph circulation
- Promotes healthy vibrant skin
- Improves immune system functioning

- Relieves muscle aches and stiffness.

relieves the effects of stress

Therapeutic massage helps to balance the effects of stress in our lives and avoid stress related disease and disfunction.

- Triggers the relaxation response
- Relaxes tense muscles
- Reduces anxiety level
- Normalizes blocked energy flow
- Improves immune system functioning
- Restores a calm mind and feeling of wellbeing

special cases

Therapeutic massage can help in certain temporary or long term situations which cause unique physical and mental challenges.

- For mothers-to-be during pregnancy
- For infants, especially premature and other developmentally challenged babies.
- For the disabled, especially those in wheel chairs and others with challenging orthopedic conditions
- For the elderly

complements other health care

Therapeutic massage is frequently used to enhance the beneficial effects of other types of health care.

- Physical and occupational therapy
- Post surgical patients
- Chiropractic
- Medical patients

II. Проведите дискуссию (диалог) с пациентом (коллегой) по проблеме текста (обсудите роль массажа для здоровья человека).

Практическое занятие 12.3 «Основные приемы классического, рефлексорного массажа и массажа в педиатрии. Техника выполнения массажа».

I. Прослушайте / прочитайте и переведите текст.

MASSAGE TECHNIQUES

Massage is one of the oldest form of medical therapy. The ancient civilizations knew the value of massage as a therapeutic practice and used it as a

preventative and curative tool. The ancient Greece, Rome, India and China had developed their own massage system.

Modern massage techniques are the result of constant evolution and development of massage and historic events (событий). There is also a strong social and trend component that contributes to the ever changing face of a massage session (процедура массажа).

The basic massage techniques are: **Rubbing**, **Petrissage**, **Friction** (трение) and **Tapping** (поколачивание). There are also other techniques that massage practitioners can incorporate into their session, including **Vibrations**, **Compression**, and **Nerve Strokes**.

ancient – древний

event – событие

massage session – процедура массажа

rubbing – растирание

petrissage – разминание

friction – трение

tapping – поколачивание

massage practitioner – массажист

syn. massage therapist

Практическое занятие 12.4 «Виды массажа: классический массаж. Классический массаж при нарушениях осанки»

I. Прослушайте / прочитайте и переведите текст.

It's important to apply some procedures of classic massage for improving posture disorders. In this case the masseur applies the differentiated massage.

The initial position is lying on the abdomen. The massage techniques stimulate the normalization of the tone and the endurance of muscles of the back. The massage procedure must be combined with physical exercises, directed on the correction of kifo.

The course of massage helps to form a muscular corset, fix the spine in the correct physiological position. Then the masseur does massage of the front surface of thorax and abdomen. The initial position is lying on the back. It is necessary to normalize the position of humeral joints and have the developed and hardy muscles of abdomen. The massage practitioner usually recommends the patient to keep fit with physical medical culture and swimming.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. The massage is implemented in initial position:
 - a. sitting
 - b. lying on the abdomen
 - c. lying on the back
2. The massage will stimulate:
 - a. the endurance of the neck muscles
 - b. the normalization of tone and the endurance of muscles of the back
 - c. the normalization of the heart rate
3. In the end following procedure is done from the initial position:
 - a. squatting
 - b. the massage of the front surface of thorax and abdomen
 - c. the massage of the sacrum area

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

- Hello! I am ...
- As you see I have some posture disorders.
- May I combine the massage with prescribed physical exercises?
- What's the benefit from this massage?
- May I sit or lie on the back?
- Sometimes I have pain in my humeral joints and muscles.
- What do you recommend me to keep fit?

Практическое занятие 12.5 «Основные приемы классического массажа. Классический массаж при гипертонии»

I. Прослушайте / прочитайте и переведите текст.

It's necessary to do some procedures of classic massage for treatment of hypertensive illness. It is impossible to abolish the medicines prescribed by the doctor for normalization of the blood pressure by the patient during this course of massage.

As a rule, the massage is done on the area of the neck. The initial position is sitting so to avoid pressure rising. All massage techniques are done from top to

bottom. At the end of the procedure the masseur does the massage of the abdomen. The initial position is lying on the abdomen.

It is better to combine the massage procedure with general and special exercises therapy for relaxing different groups of muscles such as respiratory for development of vestibular apparatus. The patient is not recommended to have physical activities during the period of the treatment. It is necessary to observe the mode of labor and rest.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. During the course of massage you cannot:
 - a. take any medication prescribed by your doctor for regulating your blood pressure
 - b. drink coffee or strong tea
 - c. stop taking any medication prescribed by your doctor for regulating your blood pressure
2. The massage will be done:
 - a. in the neck area
 - b. from the back
 - c. in the area of sacrum, buttocks and lower back
3. To avoid increasing the blood pressure the initial position of the massage is:
 - a. sitting
 - b. lying
 - c. standing

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

- Hello! I am ...
- I often have high blood pressure. The doctor prescribed me some medicines and advised to have a course of massage.
- Do you think it will help me to reduce the blood pressure?
- May I lie on the back or on the abdomen?
- Can you give me a piece of advice?
- What is about my physical activity?

Практическое занятие 12.6 «Виды массажа: рефлексорный массаж. Рефлексорно – сегментарный массаж при язвенной болезни желудка»

I. Прослушайте / прочитайте и переведите текст.

The segmental massage is very effective for gastric ulcer. This is a special medical type of massage. It relieves pain and normalizes the stomach very well.

The massage procedure is done on the back in the prone position. The massage techniques are very soft and light. They can especially be perceived only in altered reflex zones and will be operated only on the left side.

The massage procedure is carried out an hour before meal. The patient needs a short rest after the massage.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. The segmental massage is applied:
 - a. on the abdomen in position of lying on the back
 - b. on the back in sitting position
 - c. on the back in prone position
2. The massage techniques are operated only:
 - a. on the left side
 - b. on the right side
 - c. in the lower back area
3. After segmental massage:
 - a. you need a short rest
 - b. you cannot have coffee or strong tea
 - c. you must have a glass of juice

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации).

Практическое занятие 12.7 «Виды массажа: точечный массаж. Точечный массаж при мышечных болях»

I. Прослушайте / прочитайте и переведите текст

Acupressure is a special type of massage technique with the impact on biologically active points. It effectively relieves the pain and normalizes muscle tone.

During the procedure the massage is done in the area of the shoulder of the left arm. The massage is done in the sitting position.

This massage warms and relaxes the tissue of the body. When the massage practitioner applies massage on the particular points the patient can feel warm in the shoulder joint and in the whole arm.

After the massage the activity of the patient's shoulder joint will gradually recover.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. Acupressure is done:
 - a. in the neck area
 - b. in the area of the left shoulder
 - c. in the area of sacrum, buttocks and lower back
2. The massage is done in the position:
 - a. sitting
 - b. lying on the right side
 - c. lying on the left side
3. This massage effectively:
 - a. stimulates the heart rate
 - b. relaxes the body tissue
 - c. complements medication treatment

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

- Hello! I am ...
- I would like to reduce my pain in the area of the shoulder.
- May I sit?
- I feel warm in the area of your massage strokes.
- Do you think the activity of my shoulder joint will recover after the massage?

Практическое занятие 12.8 «Виды массажа: соединительнотканый массаж. Соединительно-тканый массаж при варикозном расширении вен»

I. Прослушайте / прочитайте и переведите текст.

The connective tissue massage is very effective for the veins disease. It normalizes their tone. This is a special type of massage. It is applied using tension strokes along specific lines of skin and causes a characteristic sense of scratching.

In case of absence of characteristic sense of “nail scratching or gripping” the patient must tell about it.

The masseur does massage in the area of sacrum and lower limbs, in the position lying on the side and on the back.

Smoking is not allowed for 2 hours before and after the massage. The patient mustn't take coffee or strong tea after the massage, if he experiences extreme sleepiness. He should drink a glass of any juice and try to sleep for an hour or two.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. Connective tissue massage is very effective for:
 - a. hypertension
 - b. posture disorders
 - c. venous disease
2. Connective tissue massage is performed in a position:
 - a. lying on the side and on the back
 - b. sitting
 - c. lying on the side and on the abdomen
3. After the connective tissue massage, if you experience extreme sleepiness, it is not recommended to drink:
 - a. juice
 - b. any liquid
 - c. coffee or strong tea

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации).

Практическое занятие 12.9 «Колон - массаж при заболеваниях ЖКТ»

I. Прослушайте / прочитайте и переведите текст.

The colon massage is very effective for intestine disorders. This is a special medical type of massage. It is applied using the techniques of soft pressure on the particular points of the colon and it normalizes the peristalsis of the intestines.

At first the masseur does light preparatory massage of the abdomen at the beginning of the procedure. The patient should come for the massage procedure within 2 hours before meal or after 1.5 – 2 hours after it. During the massage he

should try to be calm, smooth and breathe deeply. The patient also must not to limit himself when he needs to release gases.

Then the massuer carries out indirect techniques of vibrations in form of shaking at the end of the procedure. They help to normalize the tone of the large intestine.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. The colon massage is very effective for:
 - a. varicose diseases
 - b. intestine disorders
 - c. gastric ulcer
2. You should come for the colon massage:
 - a. 0.5 hour before meal
 - b. 2 hours before or 1.5 – 2 hours after meal
 - c. one hour after meal
3. At the end of the colon massage procedure an indirect vibration technique is applied in a form of shaking. It helps to normalize:
 - a. the tone of the large intestine
 - b. vestibular apparatus
 - c. the tone of the abdomen

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

- Hello! I am ...
- My doctor prescribed me a course of massage for my regular constipations.
- What type of massage are you going to do (apply)?
- Can you explain your manipulations?
- By your opinion may I eat or no before the massage?
- I am sorry but I suffer from gases.
- Why do you apply some special techniques for this type of massage?

Практическое занятие 12.10 «Сегментарный массаж при сердечно-сосудистых заболеваниях»

I. Прослушайте / прочитайте и переведите текст.

The segmental massage is very effective for ischemic heart disease and complements medication treatment. This is a special healing type of massage. It reduces the pain very well and normalizes the heart work.

The massage is applied in seated position, to the patient's back area and to the upper part the frontal rib cage. The massage strokes are very soft and light. They can only be sensitive specifically in reflex modified zones and are applied only to the left side.

The patient should warn the masseur about any sensitivity changes during the massage. After the massage procedure the patient needs a good rest.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. Segmental massage is very effective for ischemic heart disease and:
 - a. replaces medication treatment
 - b. complements medication treatment
 - c. forbids medication treatment
2. Segmental massage reduces the pain very well and stimulates:
 - a. the endurance of the neck muscles
 - b. the normalization of tone and the endurance of muscles of the back
 - c. the normalization of the heart rate
3. The massage is applied in the initial position:
 - a. lying on the back
 - b. sitting
 - c. prone

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

Практическое занятие 12.11 «Массаж при заболевании верхних дыхательных путей»

I. Прослушайте / прочитайте и переведите текст.

example the course of medical classic massage on Kuznetsov technique. It is very effective for chronic diseases of the bronchi.

This technique quickly normalizes the respiratory function. The cough and the heaviness in the chest will be usually reduced after the second or third procedure. Breathing will become easier and more economical.

The masseur recommends the patient to visit the sauna or Russian bath once a week. The patient should continue the breathing exercises. He must use water and air tempering. During the massage procedure the patient should lie on your back on the table, breathe easy and try to relax.

II. Аудирование. Прослушайте / прочитайте предложения и выберите правильное утверждение.

1. The massage based on Kuznetsov's technique:
 - a. normalizes the respiratory function
 - b. normalizes the tone and the endurance of muscles of the back
 - c. normalizes the heart rate
2. After the second or third procedure:
 - a. you need a short rest
 - b. the cough and the heaviness in the chest will be reduced
 - c. you must drink a glass of juice
3. It is recommended once a week:
 - a. to tan on the beach
 - b. to visit Sauna or Russian bath
 - c. to visit a gym

III. Аудирование. Проведите беседу (диалог) с пациентом по проблеме текста (установите контакт с пациентом, объясните суть описанного в тексте вида массажа, дайте рекомендации) по предложенной ниже схеме:

- Hello! I am ...
- My doctor prescribed me a course of massage.
- Is the massage effective in my case? I have a chronic disease of bronchi.
- What is the type of massage by Kuznetsov's technique?
- Will this massage reduce my cough?
- Sometimes it's difficult for me to breathe.
- My doctor prescribed me also to do breathing exercises.
- Can you give me a piece of advice?
- So I need to lie on the back or sit?

Сложносочиненные предложения в английском языке

Сложносочиненное предложение является одним из типов сложных предложений. Оно состоит из двух и более простых предложений, которые объединены по смыслу. В сложносочиненном предложении его части независимы друг от друга и могут быть разделены без потери смысла.

It was raining and I stayed at home. – Шел дождь, и я остался дома.

It was raining. I stayed at home. – Шел дождь. Я остался дома.

Простые предложения внутри сложного могут быть соединены либо союзами, либо просто разделяться знаками препинания. Для сложносочиненных предложений используются сочинительные союзы. Они бывают нескольких типов:

1) Соединительные союзы (cumulative conjunctions): and — **и**, as well as — **так же как (и)**, not only...but also — **не только... но и**, both... and ... — **и..., и...,** neither... nor... — **ни..., ни...:**

Jemma likes peonies, and Anna likes peonies too. – Джемме нравятся пионы, и Анне тоже нравятся пионы.

2) Противительные союзы (adversative conjunctions): but — **но, а, да;** наречия however — **однако**, nevertheless — **тем не менее**, while — **тогда как**, still — **все же**, yet — **тем не менее, однако**, whereas — **тогда как:**

Burgers are tasty, but apples are good for health. – Бургеры вкусные, но яблоки полезны для здоровья.

He is very smart, yet he lacks diligence. – Он очень умный тем не менее, ему не хватает прилежности.

3) Разделительные союзы (disjunctive / alternative conjunctions): or — **или**, either... or — **или... или;** наречия otherwise, else — **иначе:**

You can either have coffee or tea. – Ты можешь выпить или чай, или кофе.

Call me when you finish; otherwise I'll go without you. – Позвони мне, когда закончишь, иначе я уеду без тебя.

Также сложносочиненные предложения бывают бессоюзными, части предложения в которых соединяются лишь знаками препинания и интонацией.

He is very young; he has a lot of plans for his future. – Он очень молод; у него множество планов на будущее.