

Easy Spanish for Rehabilitation Professionals

Presented by:

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AGENDA

- GREETINGS AND INTRODUCTIONS.
- VOCABULARY.
 - Body parts.
 - Numbers.
 - Time and dates.
 - Family members and relatives.
 - Other professionals.
 - Clothing and accessories.
 - Household items.
 - Basic medical terminology.
 - Modalities and apparatus.
- COMMANDS AND INSTRUCTIONS

- EVALUATIONS.
 - Living arrangements and ADLs.
 - Orientation/mental status.
 - Sensory assessment.
 - Manual muscle testing.
 - Goniometric measurements.
- GRAMMAR/SENTENCE CONSTRUCTION.
 - Nouns, adjectives and verbs.
 - Verb use made easy.

Please, put your cell phones and/or beepers on silent.....



LET'S GET STARTED!!

First, a few pointers.....

- The letter "ll" sounds like a "y".
- The "ñ" sounds like a combined "ny" with a similar pronunciation to the word "Cognac".
- The sign in a top of a vowel (é) is called a "tilde" and denotes the accent of the word.

Greetings and introductions



Good morning!
Buenos días!

Good afternoon!
Buenas tardes!

Good evening!
Buenas noches!

Good night!
Buenas noches!

Have a good weekend!
Tenga un buen fin de semana!

How are you?
Cómo está? Or Cómo está usted?

I'm fine, thank you.
Estoy bien, gracias.

What's your name?
Cuál es su nombre?

My name is....
Mi nombre es.....

I am your therapist.
Yo soy su terapeuta.

I am your physical therapist.
Yo soy su terapeuta físico (a)

I am your occupational therapist.
Yo soy su terapeuta ocupacional

Yo soy su terapeuta de los brazos
(I am the therapist for your arms)

Yo soy su terapeuta de las piernas
(I am the therapist for your legs)

I am sorry, I only speak a little Spanish
Perdone, solamente hablo un poco de Español.

Let's go to the therapy room.
Vamos a la sala de terapia.

Would you prefer therapy in your room?
Prefiere terapia en su cuarto?

How was your weekend?
Qué tal su fin de semana?

How did you sleep?
Cómo durmió?

BODY PARTS



| | |
|---------|---------------------------------|
| Head | <i>Cabeza (la cabeza)</i> |
| Brain | <i>Cerebro (el cerebro)</i> |
| Hair | <i>Pelo (el pelo)</i> |
| Face | <i>Cara (la cara)</i> |
| Denture | <i>Dentadura (la dentadura)</i> |

| | |
|----------|---|
| Forehead | <i>Frente (la frente)</i> |
| Eye (s) | <i>Ojo, ojos (el ojo, los ojos)</i> |
| Ear (s) | <i>Oreja, Orejas (la oreja, las orejas)</i> |
| Nose | <i>Nariz (la nariz)</i> |
| Lip (s) | <i>labio, labios (el labio, los labios)</i> |

| | |
|--------------|---|
| Mouth | <i>Boca (la boca)</i> |
| Tongue | <i>lengua (la lengua)</i> |
| Tooth, teeth | <i>Diente, dientes (el diente, los dientes)</i> |
| Chin | <i>Barbilla (la barbilla)</i> |
| Neck | <i>Cuello (el cuello)</i> |
| Throat | <i>Garganta (la garganta)</i> |

| | |
|------------------|---|
| Back of the neck | <i>Nuca (la nuca)</i> |
| Shoulder (s) | <i>Hombro, hombros (el hombro, los hombros)</i> |
| Chest | <i>Pecho (el pecho)</i> |
| Stomach | <i>Estómago (el estómago)</i> |
| Belly button | <i>Ombigo (el ombligo)</i> |
| Waist | <i>Cintura (la cintura)</i> |
| Back | <i>Espalda (la espalda)</i> |

| | |
|------------------|---|
| Buttock (s) | <i>Nalga, nalgas (la nalga, las nalgas)</i> |
| Arm (s) | <i>Brazo, brazos (el brazo, los brazos)</i> |
| Forearm (s) | <i>Antebrazo, antebrazos (el antebrazo, los antebrazos)</i> |
| Hand (s) | <i>Mano, manos (la mano, las manos)</i> |
| Palm of the hand | <i>la palma de la mano</i> |
| Elbow | <i>Codo (el codo, los codos)</i> |

| | |
|------------|---------------------------|
| Wrist (s) | <i>Muñeca, muñecas</i> |
| Finger (s) | <i>Dedo, dedos</i> |
| Thumb | <i>Pulgar (el pulgar)</i> |
| Index | <i>Índice</i> |
| Middle | <i>Medio</i> |
| Ring | <i>Anular</i> |
| Pinky | <i>Meñique</i> |

| | |
|------------|------------------|
| Armpit | <i>Axila</i> |
| Phalangeal | <i>Falangeal</i> |
| Nuckle | <i>Nudillo</i> |
| Nail (s) | <i>Uña (s)</i> |

| | |
|-----------|---|
| Leg (s) | <i>Pierna, piernas (la pierna, las piernas)</i> |
| Hip (s) | <i>Cadera, caderas (la cadera, las caderas)</i> |
| Thigh (s) | <i>Muslo, muslos (el muslo, los muslos)</i> |
| Knee (s) | <i>Rodilla, rodillas (la rodilla, las rodillas)</i> |

| | |
|------------------|---|
| Shin (s) | <i>Pantorrilla, pantorrillas (la pantorrilla, las pantorrillas)</i> |
| Ankle (s) | <i>Tobillo, tobillos (el tobillo, los tobillos)</i> |
| Heel (s) | <i>Talón, talones (el talón, los talones)</i> |
| Foot, feet | <i>Pie, pies (el pie, los pies)</i> |
| Sole of the foot | <i>Planta del pie</i> |

Forefoot *El empeine*

Toe (s) *Dedo del pie, dedos de los pies (el dedo del pie, los dedos de los pies)*

Joint *Articulación, articulaciones (la articulación, las articulaciones).*

NUMBERS



| | |
|-------|---------------|
| One | <i>Uno</i> |
| Two | <i>Dos</i> |
| Three | <i>Tres</i> |
| Four | <i>Cuatro</i> |
| Five | <i>Cinco</i> |
| Six | <i>Seis</i> |
| Seven | <i>Siete</i> |
| Eight | <i>Ocho</i> |

| | |
|----------|----------------|
| Nine | <i>Nueve</i> |
| Ten | <i>Diez</i> |
| Eleven | <i>Once</i> |
| Twelve | <i>Doce</i> |
| Thirteen | <i>Trece</i> |
| Fourteen | <i>Catorce</i> |
| Fifteen | <i>Quince</i> |

From fifteen up to nineteen, the numbers are formed by using the word "diez", the conjunction "y" and the desired number.

Diez + "y" + number

*Sixteen
Diez y seis*

Twenty *veinte*

From twenty and up, the last letter of the word "veinte" changes to an "i" and the desired number is added.

"Veinti" + number

*Twenty-one
Veintiuno*

Tens

| | |
|--------|------------------|
| Twenty | <i>Veinte</i> |
| Thirty | <i>Treinta</i> |
| Forty | <i>Cuarenta</i> |
| Fifty | <i>Cincuenta</i> |
| Sixty | <i>Sesenta</i> |

| | |
|-------------|----------------|
| Seventy | <i>Setenta</i> |
| Eighty | <i>Ochenta</i> |
| Ninety | <i>Noventa</i> |
| One-hundred | <i>Cien</i> |

To form tens, use the desired two numbers and unite them using the conjunction "y".

Ten+ "y" + number

Forty-three: *cuarenta y tres*

Hundreds

To form hundreds, follow this formula:

101 to 199: "ciento" + number

137= *ciento treinta y siete*

From 200 and up follow this formula:

number + "cien" + "tos"

200= *dos - cien - tos*

250= *dos-cientos-cincuenta*

Exceptions:

| | |
|------|--------------------|
| 500: | <i>quinientos</i> |
| 700: | <i>setecientos</i> |
| 900: | <i>novecientos</i> |

The word "mil" means "thousand". From 2000 and up, use the single number plus the word "mil".

Example: 1000= *mil*
2000= *dos mil*

Practice time

17= _____

38= _____

123= _____

478= _____

1965= _____

1978= _____

2006= _____

Time and dates



| | |
|--------|--------------------|
| Year | <i>Año (s)</i> |
| Month | <i>Mes (es)</i> |
| Day | <i>Día (s)</i> |
| Week | <i>Semana (s)</i> |
| Hour | <i>Hora (s)</i> |
| Minute | <i>Minuto (s)</i> |
| Second | <i>Segundo (s)</i> |

Time

Time in Spanish is always told in female gender.

12:30 am. *Las doce y treinta.*

07:37 pm. *Las siete y treinta y siete*

Days of the week

| | |
|-----------|------------------|
| Monday | <i>Lunes</i> |
| Tuesday | <i>Martes</i> |
| Wednesday | <i>Miércoles</i> |
| Thursday | <i>Jueves</i> |
| Friday | <i>Viernes</i> |
| Saturday | <i>Sábado</i> |
| Sunday | <i>Domingo</i> |

Months of the Year

| | |
|----------|----------------|
| January | <i>Enero</i> |
| February | <i>Febrero</i> |
| March | <i>Marzo</i> |
| April | <i>Abril</i> |
| Mayo | <i>Mayo</i> |
| June | <i>Junio</i> |

| | |
|-----------|------------------|
| July | <i>Julio</i> |
| August | <i>Agosto</i> |
| September | <i>Setiembre</i> |
| October | <i>Octubre</i> |
| November | <i>Noviembre</i> |
| December | <i>Diciembre</i> |

- To tell the date, use the following formula:

day + month + year

08/06/2005

Seis de Agosto del 2005.

Practice time.....

16/09/1965 _____

04/07/1776 _____

18/01/2005 _____

31/12/2006 _____

08:37 pm _____

10:35 am _____

03:37 pm _____

06:30 am _____

Family Members



The following words are different according to gender:

Father *Padre, papá*
 Mother *Madre, mamá*

Daughter-in-law *Nuera*

Son-in-law *Yerno*

To change the gender of the following words, simply substitute the last letter "o" for an "a" or vice versa!

| | |
|-----------------------|----------------------|
| Brother, sister | <i>Hermano (a)</i> |
| Husband, wife | <i>Esposo (a)</i> |
| Boyfriend, girlfriend | <i>Novio (a)</i> |
| Son, daughter | <i>Hijo (a)</i> |
| Cousin | <i>Prima (o)</i> |
| Life partner | <i>Compañera (o)</i> |
| Fiancé, Fiancée | <i>Prometido (a)</i> |

| | |
|-----------------------------|-------------------|
| Grandson, Grand-daughter | <i>Nieto (a)</i> |
| Neighbor | <i>Vecino (a)</i> |
| Uncle, aunt | <i>Tío (a)</i> |
| Father or mother-in-law | <i>Suegro (a)</i> |
| Brother or sister-in-law | <i>Cuñado (a)</i> |

| | |
|----------------------------|---------------------|
| Godfather | <i>Padrino</i> |
| Godmother | <i>Madrina</i> |
| God-son | <i>Ahijado</i> |
| God-daughter | <i>Ahijada</i> |
| Step-son, step-daughter | <i>Hijastro (a)</i> |

The suffix “*astro, astra*” may be added to other family members to form the desired words.

Other Professionals



| | |
|--------------------------|-------------------------------|
| Doctor | <i>Doctor (a)</i> |
| Nurse | <i>Enfermera (o)</i> |
| Social Worker | <i>Trabajador (a) social</i> |
| Respiratory Therapist | <i>Terapista respiratorio</i> |
| Speech therapist | <i>Terapista del habla</i> |
| Nutritionist | <i>Nutricionista</i> |
| Orthopedist | <i>Ortopedista</i> |

| | |
|--------------|------------------------|
| Psychologist | <i>Psicólogo (a)</i> |
| Neurologist | <i>Neurólogo (a)</i> |
| Podiatrist | <i>Podiatra</i> |
| Arthritis | <i>Reumatólogo (a)</i> |
| Lawyer | <i>Abogada (o)</i> |
| Retired | <i>Retirado (a)</i> |

| | |
|------------------|---------------------------------------|
| Carpenter | <i>Carpintero (a)</i> |
| Teacher | <i>Maestra (o)</i> |
| Professor | <i>Profesora (o)</i> |
| Waitress, waiter | <i>Mesero (a)</i> |
| Housekeeper | <i>Empleada (o) doméstica (o)</i> |
| Plumber | <i>Plomero (a)</i> |

| | |
|--------------|-----------------------------------|
| Driver | <i>Chofer</i> |
| Mechanic | <i>Mecánico</i> |
| Case manager | <i>Encargada (o) del caso</i> |
| Translator | <i>Traductor (a)</i> |
| Dentist | <i>Dentista</i> |
| Pediatrician | <i>Pediatra</i> |

Clothing and Accessories



| | |
|--------------|-------------------------|
| Shirt | <i>Camisa</i> |
| T-shirt | <i>Camiseta</i> |
| Blouse | <i>Blusa</i> |
| Button (s) | <i>Botón, botones</i> |
| Pants | <i>Pantalones</i> |
| Skirt | <i>Falda (or saya)</i> |
| Shoe (s) | <i>Zapato (s)</i> |
| Shoelace (s) | <i>Cordón, cordones</i> |

| | |
|--------------|------------------------------------|
| Shoe horn | <i>Calzador</i> |
| Sneaker (s) | <i>Tenis</i> |
| Sandal (s) | <i>Sandalia (s) (or chancleta)</i> |
| Slipper (s) | <i>Pantufia (s)</i> |
| Shorts | <i>Pantalones cortos</i> |
| Sock (s) | <i>Media (s)</i> |
| Hat | <i>Sombrero</i> |
| Handkerchief | <i>Pañuelo</i> |

| | |
|------------|------------------------|
| Button | <i>Botón (botones)</i> |
| Zipper | <i>Portañuela</i> |
| Hook | <i>Ganchillo</i> |
| Tie | <i>Corbata</i> |
| Eyeglasses | <i>Anteojos</i> |

| | |
|----------|----------------|
| Jewelry | <i>Joyería</i> |
| Watch | <i>Reloj</i> |
| Ring | <i>Anillo</i> |
| Necklace | <i>Collar</i> |
| Chain | <i>Cadena</i> |
| Gold | <i>Oro</i> |
| Silver | <i>Plata</i> |

| | |
|-------------------|--------------------------|
| Bra | <i>Brasier</i> |
| Belt | <i>Cinturón</i> |
| Underwear | <i>Ropa interior</i> |
| Female underwear | <i>Calzón</i> |
| Male underwear | <i>Calzoncillo</i> |
| Clothes protector | <i>Protector de ropa</i> |

MAKE-UP AND SUCH

| | |
|-------------|------------------------|
| Lipstick | <i>Lápiz labial</i> |
| Eye liner | <i>Delineador</i> |
| Powder | <i>Polvo</i> |
| Nail polish | <i>Pintura de uñas</i> |
| Perfume | <i>Perfume</i> |
| Cologne | <i>Colonia</i> |
| Deodorant | <i>Desodorante</i> |
| Lotion | <i>Loción</i> |

COLORS

| | |
|--------|-----------------|
| Blue | <i>Azul</i> |
| Yellow | <i>Amarillo</i> |
| Black | <i>Negro</i> |
| Brown | <i>Café</i> |
| White | <i>Blanco</i> |
| Pink | <i>Rosado</i> |
| Red | <i>Rojo</i> |
| Green | <i>Verde</i> |

HOUSEHOLD ITEMS



| | |
|----------|-------------------------------|
| Door | <i>Puerta (la puerta)</i> |
| Window | <i>Ventana (la ventana)</i> |
| Wall | <i>Pared (la pared)</i> |
| Floor | <i>Piso (el piso)</i> |
| Carpet | <i>Alfombra (la alfombra)</i> |
| Tile | <i>Mosaico</i> |
| Bathroom | <i>Baño (el baño)</i> |
| Tub | <i>Bañadera (la bañadera)</i> |

| | |
|--------------|-------------------------------|
| Shower head | <i>Regadera (la regadera)</i> |
| Mirror | <i>Espejo (el espejo)</i> |
| Comb | <i>Peine (el peine)</i> |
| Hairbrush | <i>Cepillo de pelo</i> |
| Toothbrush | <i>Cepillo de dientes</i> |
| Toothpaste | <i>Pasta dental</i> |
| Razor | <i>Máquina de afeitarse</i> |
| Toilet paper | <i>Papel sanitario</i> |

Soap *Jabón*

Note: There are different kinds of soaps!

| | |
|---------------|------------------------|
| Body wash | <i>Jabón de baño</i> |
| Dish soap | <i>Jabón de platos</i> |
| Detergent | <i>Detergente</i> |
| Car wash soap | <i>Jabón de carro</i> |
| For dogs | <i>Jabón de perro</i> |

| | |
|----------------|---------------------------|
| Shampoo | <i>Champú</i> |
| Conditioner | <i>Acondicionador</i> |
| Towel | <i>Toalla</i> |
| Hair dryer | <i>Secadora de pelo</i> |
| Clothes dryer | <i>Secadora de ropa</i> |
| Clothes washer | <i>Lavadora</i> |
| Dish washer | <i>Lavadora de platos</i> |
| Stove | <i>Estufa</i> |
| Microwave oven | <i>Horno microondas</i> |

| | |
|--------------|---------------------|
| Refrigerator | <i>Refrigerador</i> |
| Fork | <i>Tenedor</i> |
| Knife | <i>Cuchillo</i> |
| Spoon | <i>Cuchara</i> |
| Plate | <i>Plato</i> |
| Cup | <i>Taza (copa)</i> |
| Glass | <i>Vaso</i> |
| Pitcher | <i>Pichel</i> |
| Bowl | <i>Tazón</i> |

| | |
|------------|--------------------|
| Rice | <i>Arroz</i> |
| Beans | <i>Frijoles</i> |
| Sugar | <i>Azúcar</i> |
| Milk | <i>Leche</i> |
| Bread | <i>Pan</i> |
| Butter | <i>Mantequilla</i> |
| Vegetables | <i>Vegetales</i> |
| Puree | <i>Puré</i> |

| | |
|----------------|-------------------|
| Broom | <i>Escoba</i> |
| Mop | <i>Trapeador</i> |
| Vacuum cleaner | <i>Aspiradora</i> |
| Bed | <i>Cama</i> |
| Pillow | <i>Almohada</i> |
| Blanket | <i>Cobija</i> |
| Mattress | <i>Colchón</i> |
| Sheet | <i>Sábana</i> |
| Napkin | <i>Servilleta</i> |

| | |
|----------|--------------------|
| Bedrail | <i>Baranda</i> |
| Table | <i>Mesa</i> |
| Chair | <i>Silla</i> |
| Sofa | <i>Sofá</i> |
| Armchair | <i>Sillón</i> |
| Desk | <i>Escritorio</i> |
| Computer | <i>Computadora</i> |
| T.V. | <i>Televisión</i> |

| | |
|-------------|-----------------------------------|
| Frying pan | <i>Sartén</i> |
| Pot | <i>Olla</i> |
| Scissors | <i>Tijeras</i> |
| Needle | <i>Aguja (de tejer, de coser)</i> |
| Tread | <i>Hilo</i> |
| Hearing aid | <i>Audífono</i> |
| Toy | <i>Juguete</i> |

| | |
|-------------|--------------------|
| Block (s) | <i>Bloque (s)</i> |
| Column | <i>Columna (s)</i> |
| Baby bottle | <i>Biberón</i> |
| Snack | <i>Merienda</i> |
| Swing | <i>Columpio</i> |

BASIC MEDICAL TERMINOLOGY



| | |
|-------------------|----------------------------|
| Heart attack | <i>Infarto</i> |
| Stroke | <i>Ataque cerebral</i> |
| Fracture | <i>Fractura</i> |
| Accident | <i>Accidente</i> |
| Joint replacement | <i>Reemplazo de _____</i> |
| Transplant | <i>Transplante</i> |
| Pacemaker | <i>Marcapaso</i> |
| Surgery | <i>Operación (cirugía)</i> |
| Cerebral Palsy | <i>Parálisis cerebral</i> |

| | |
|--------------------|----------------------------|
| Atrophy | <i>Atrofia</i> |
| Dystrophy | <i>Distrofia</i> |
| Multiple Sclerosis | <i>Esclerosis múltiple</i> |
| Fever | <i>Fiebre</i> |
| Spina bifida | <i>Espina bífida</i> |
| Dementia | <i>Demencia</i> |
| Tremors | <i>Temblores</i> |

Modalities and apparatus



| | |
|----------------|-------------------------------|
| Walker | <i>Andador (burrito)</i> |
| Rolling walker | <i>Andador con ruedas</i> |
| Cane | <i>Bastón</i> |
| Quadcane | <i>Bastón de cuatro patas</i> |
| Crutch (es) | <i>Muleta (s)</i> |
| Parallel bars | <i>Barras paralelas</i> |

Pulley (s) *Polea (s)*

Upper body restorator *Bicicleta
para los brazos*

Restorator *Bicicleta*

Ultrasound *Ultrasonido*

Electrical stimulation *Estimulación
eléctrica*

Whirlpool *Hidroterapia*

Weight (s) *Pesa (s)*

Ball *Bola (s)*

Wheelchair *Silla de ruedas*

Mat *Cama de tratamiento*

Chair *Silla*

Table *Mesa*

Tilt table *Mesa inclinable*

Peg (s) *Perno (s)*

Puzzle (s) *Rompecabezas*

Theraband *Banda elástica*

Hot packs *Compresas calientes*

Cold packs *Compresas frías*

Massage *Masaje*

Exercise *Ejercicio*

Set *Grupo (s)*

Stretch *Estirar*

Shoe insert *Plantilla*

Prosthetic *Protético (a)*

Splint *Soporte*

Sling *Cabestrillo*

Reacher *Alcanzador*

Adapter *Adaptador*

Directions and commands



Right *derecha*

Left *Izquierda*

NOTE: *Derecha* or *izquierda* may also be used to indicate action with an extremity i.e. right arm would be *brazo derecho*

| | |
|--------------|------------------------|
| Up | <i>arriba</i> |
| Down | <i>abajo</i> |
| Sideways | <i>de lado</i> |
| Backwards | <i>hacia atrás</i> |
| To the front | <i>hacia el frente</i> |
| Forward | <i>adelante</i> |

| | |
|----------|-----------------------------|
| Walk | <i>camine</i> |
| Rest | <i>descanse</i> |
| Stand up | <i>levántese</i> |
| Sit down | <i>Siéntese</i> |
| Lay down | <i>Acuéstese</i> |
| Move up | <i>muévase hacia arriba</i> |

| | |
|-----------|----------------------------|
| Move down | <i>muévase hacia abajo</i> |
| Stop | <i>pare</i> |
| Breath-in | <i>respire</i> |
| Exhale | <i>Exale</i> |
| Slow | <i>despacio</i> |
| Wait | <i>espere</i> |
| Push | <i>empuje</i> |

| | |
|---------|-----------------------|
| Pull | <i>hale (or jale)</i> |
| Against | <i>contra</i> |
| Hold | <i>aguante</i> |
| Turn | <i>de vuelta</i> |
| Bend | <i>doble</i> |
| Please | <i>Por favor</i> |

Basic Evaluations



LIVING ARRANGEMENTS AND ADLS

Do you live alone?
Usted vive sola (o) ?

Who do you live with?
Con quién vive usted?

Is it a one floor house?
Su casa es de un solo piso?

Note: The patient may live in a trailer, and the translation for that would be "casa móvil".

Is it a house or an apartment?
Es casa o apartamento?

Do you have stairs?
Tiene escaleras?

Do you have somebody to help you?
Tiene alguien que le ayude?

Do you prepare your own food?
Usted prepara su comida?

Can you feed yourself?
Puede comer solo (a) ?

Do you need help taking a shower?
Necesita ayuda para bañarse?

Who takes care of you?
Quién le cuida?

Do you need help getting dressed?
Necesita ayuda para vestirse?

Do you need help for your grocery shopping?
Necesita ayuda haciendo compras?

Are you able to drive?
Puede manejar?

Do you work?
Usted trabaja?

What's your occupation?
En qué trabaja?

MENTAL STATUS/ORIENTATION

What date is today?
Qué fecha es hoy?

Do you know where you are now?
Sabe donde está ahora?

What's the name of this facility?
Cómo se llama este lugar?

What city are you in?
Qué ciudad es esta?

Do you know who I am?
Sabe quién soy yo?

Do you know who she (he) is?
Sabe quién es ella (él)

Do you know why you are here?
Sabe porqué está aquí?

GENERAL QUESTIONS

Do you need glasses?
Necesita anteojos?

Can you hear me well?
Puede escucharme bien?

Are you in pain now?
Tiene dolor ahora?

Where does it hurt?
Donde le duele?

On a scale of 1 to 10, what number is your pain?
Si uno es poco dolor y diez es mucho dolor, qué número es usted?

What activities increase/decrease your pain?
Qué actividades agravan/alivian el dolor?

Can you walk?
Puede caminar?

Where are you able to walk alone?
Podía caminar solo (a) ?

Did you use a walker or a cane?
Usaba andador o bastón?

Can you stand up?
Puede pararse?

Does he/she have learning disabilities?
Tiene problemas de aprendizaje?

Can he/she crawl?
Puede gatear?

Can he/she turn?
Puede darse vuelta?

Can he/she suck from a bottle?
Puede mamar biberón?

Can he/she eat solid foods?
Puede comer comidas sólidas?

How was your pregnancy?
Cómo fue su embarazo?

MANUAL MUSCLE TESTING

I'm going to test the strength of your....
Voy a examinar la fuerza de su...

Push hard against my hand.
Empuje duro contra mi mano.

Pull as hard as you can.
Hale lo más fuerte que pueda.

Now you hold and I'll push.
Ahora aguante y yo empujo.

SENSORY TESTING

Can you feel my hand?
Siente mi mano?

Am I pinching or touching you?
Estoy pellizcando o tocando?

Is it cold or hot?
Es frío o caliente?

Is it sharp or dull?
Punza o aprieta?

GONIOMETRIC MEASUREMENT

To instruct the patient on what you are about to do, say the following:

Voy a usar esto para medir el movimiento de su...

I'm going to use this to measure the movement of your.....

Sentence Construction



Basic Sentence Construction

Elements of communication:

action + object + direction

i. e. Mueva el brazo derecho
hacia arriba

Further clarification:

Four sets of ten.
Cuatro grupos de diez.

ARTICLES:

The: El, los, la, las

VERBS:

-Have no gender.

-May be used in non-conjugated form.

NOUNS:

-Nouns do have gender, however, it is already pre-established.

Adjectives:

-Different position in Spanish.

English: red ball.

Spanish: bola roja.

-Take their gender from the noun they are applied to.

-Adjectives finished in "e" are neutral.

COMMON VERBS

To move *mover*

To walk *caminar*

To sit *sentarse*

To stand *pararse*

To pick up *recoger*

To speak *hablar*

| | |
|---------------|-------------------|
| To jump | <i>Saltar</i> |
| To slide | <i>Deslizar</i> |
| To grasp | <i>Agarrar</i> |
| To observe | <i>observar</i> |
| To look | <i>mirar</i> |
| To eat | <i>comer</i> |
| To grab | <i>agarrar</i> |
| To lift | <i>levantar</i> |
| To strengthen | <i>Fortalecer</i> |

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