

## 11. Vocabulary Building

### BVPT-104: English & Communication

#### Unit 3: Developing Pronunciation and Vocabulary

#### Topic: Vocabulary Building — Strategies for Expanding Vocabulary and Using Words Contextually

#### □ What Is Vocabulary?

**Vocabulary** refers to the collection of words a person knows and can use. In physiotherapy and healthcare communication, having a **strong vocabulary** helps you:

- Explain patient conditions clearly
- Understand medical instructions and documentation
- Express your ideas confidently in speech and writing
- Use professional language in exams, reports, and clinical discussions

#### □ Why Is Vocabulary Important for Physiotherapists?

Scenario	Vocabulary Skill Needed
Explaining exercises to a patient	Simple, understandable words (e.g., "bend", "stretch")
Writing a progress note	Medical and anatomical terms (e.g., "ROM", "post-op")
Answering viva questions	Clear technical terms with correct pronunciation
Educating caregivers or attendants	Rephrasing complex words in everyday language

#### □ How to Build Vocabulary Effectively

##### 1. Read Actively Every Day

- Read medical articles, health blogs, textbooks, and case studies.
- Highlight or list **new or unfamiliar words**.
- Look up their **meaning, pronunciation, and example usage**.

□ **Tip:** Keep a **vocabulary journal** — note the word, its definition, example sentence, and translation (if helpful).

##### 2. Learn Words in Context, Not Isolation

- Don't just memorize dictionary definitions.
- Learn how a word is used in real life.

Example:

- **"Mobilisation"**
  - Meaning alone: "to move"
  - Contextual use: "Phase-1 cardiac rehabilitation includes early mobilisation to prevent bedrest complications."



### 3. Use the “Word Family” Method

Group related forms of a word:

<b>Root Word</b>	<b>Noun</b>	<b>Verb</b>	<b>Adjective</b>
Move	Movement	Move	Movable
Inflammation	Inflammation	Inflame	Inflammatory
Heal	Healing	Heal	Healed

This helps you use words in both written and spoken formats properly.

### 4. Use Flashcards or Vocabulary Apps

- Use apps like **Quizlet**, **Anki**, or **Memrise**.
- Make flashcards with:
  - Word
  - Pronunciation (with IPA)
  - Meaning
  - Image (if possible)
  - Example sentence

### 5. Practice Word Mapping

Create a **mind map** of related words around a theme.

□ Example: “Pain”

→ acute, chronic, inflammation, spasm, burning, tenderness, neuropathic, throbbing, dull, referred

This helps you speak or write more precisely.

### 6. Play Word Games

Use crosswords, word searches, scrabble, or mobile apps to keep learning fun and challenging.

### 7. Speak and Write with New Words

- Use new vocabulary in your:
  - Conversations with peers
  - Patient education
  - Assignments or case sheets
- The more you **use** a word, the better you **retain** it.



## ✍ Sample Vocabulary Practice Table

New Word	Meaning	Example Sentence	Word Family
Rehabilitation	Recovery process after illness	Physiotherapy plays a vital role in rehabilitation.	rehabilitate, rehabilitated
Ambulate	To walk, especially after illness	The patient was able to ambulate without assistance.	ambulation, ambulatory
Inflammation	Body's response to injury	Redness and swelling suggest inflammation.	inflammatory, inflamed

## ☐ Self-Practice Techniques

Activity	What to Do
Word-a-Day	Learn one new word daily and use it in a sentence.
Context Rewrite	Take a medical word and rewrite it in layman terms.
Vocabulary Quizzes	Test yourself weekly with self-made quizzes.
Group Discussion Practice	Use thematic vocabulary in academic discussions.

## ☐ Recap: Strategies for Vocabulary Building

1. Read actively and record new words
2. Learn words in **context**, not isolation
3. Use **word families** and theme-based grouping
4. Practice using **flashcards**, apps, or games
5. Speak and write with newly learned vocabulary
6. Review regularly to strengthen memory