



5. Communicating in English

BVPT-104: English & Communication

Unit 2: Fundamentals of English Communication

Basics of English Grammar, Sentence Structure, and Common Phrases

Topic: Basics of English Grammar, Sentence Structure, and Common Phrases

□ Why This Matters in Physiotherapy

As a physiotherapy student or professional, you will need to:

- Write clear case notes and referrals
- Explain exercises to patients
- Communicate confidently with healthcare teams

Understanding **basic English grammar, sentence formation, and key phrases** will help you become more confident and professional in your communication—especially if English is not your first language.

□ 1. Basics of English Grammar

Grammar is the **structure and rules** of any language. Think of it as the **skeleton** of communication.

□ Key Grammar Components:

Component	Example	Usage
Noun	Doctor, pain, muscle	Names a person, place, or thing
Verb	Treat, walk, stretch	Shows action or state
Adjective	Weak, painful, swollen	Describes a noun
Adverb	Slowly, carefully	Describes how the action is done
Pronoun	He, she, it, they	Replaces a noun
Preposition	On, under, in, beside	Shows relationship in space or time
Conjunction	And, but, because	Joins two ideas or sentences
Articles	A, an, the	Placed before nouns

□ 2. Sentence Structure

A sentence expresses a **complete thought**. It usually has:

- **Subject** (who or what does the action)
- **Verb** (the action or state)
- **Object** (what receives the action)

□ Types of Sentences:



Type	Example	Usage
Simple Sentence	“The patient is tired.”	One idea
Compound Sentence	“The patient is tired, but he is walking.”	Two ideas joined by a conjunction
Complex Sentence	“Although the patient is tired, he will continue therapy.”	One main idea + one supporting idea

⇒ **Basic Sentence Formula:**

Subject + Verb + Object

□ Example:

- “She performs shoulder stretches.”
- (Subject = She, Verb = performs, Object = shoulder stretches)

□ **3. Common Phrases in Clinical Communication**

Here are some **useful phrases** you can use in daily physiotherapy settings:

□ **While greeting:**

- “Good morning! How are you feeling today?”
- “Welcome to the clinic.”

□ **During assessment:**

- “Where exactly does it hurt?”
- “Can you describe the pain—sharp, dull, or throbbing?”

□ **Giving instructions:**

- “Please lie down on the table.”
- “Raise your arm slowly and hold for 5 seconds.”

□ **Reassuring patients:**

- “You’re doing well. Keep it up.”
- “It’s normal to feel some soreness.”

□ **At the end of a session:**

- “See you at your next appointment.”
- “Let me know if you feel any discomfort after the session.”

□ **Quick Practice**

Convert the below into simple, correct English:

1. “He walking slowly the corridor in.”
2. “Muscles are weak but will improve with exercise.”
3. “Patient pain shoulder much have.”

ANSWERS:

1. “He is walking slowly in the corridor.”



2. Correct as is.
3. "The patient has a lot of pain in the shoulder."

□ Key Take-Home Points

- Grammar and sentence structure help you express yourself clearly and professionally.
- Start with **short, simple sentences**—don't worry about sounding fancy.
- Practice **common clinical phrases** for patient interaction.
- Good English communication builds **trust, comfort, and cooperation** with patients.