

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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

Example

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

Usage

☐ Key Grammar Components:

Component

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:

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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:

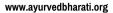
- 1. "He walking slowly the corridor in."
- 2. "Muscles are weak but will improve with exercise."
- 3. "Patient pain shoulder much have."

ANSWERS:

1. "He is walking slowly in the corridor."

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- 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.

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