





English- Swahili Guide 2020

Dr. Philsan Omar



Hi, I'm _____, I'm going to examine your medical form, ask you some questions, then conduct a physical exam.
Jambo, mimi ni _____, nitachunguza fomu yako ya matibabu, nita kuuliza maswali kadhaa, kisha ufanye uchunguzi wa mwili.

INSTRUCTIONS: MWELEZO

Now, I am going to examine - Sasa, nitaku pima

Point to your pain – Onyesha maumivu yako

Stand up - Simama

Sit down – Kaa chini

Lie on your back – Lala kwa mngongo

Lie on your belly – Lala kwa tumbo

Bend your knees – Kunja magoti yako

Relax, please – Pumzika tafadhali

Raise your arms over your head – Inua mikono yako juu ya kichwa chako

Squat down – Chuchumaa chini

Turn to your left – Geuka kwa kushoto kwako

Left - Kushoto

Turn to your right – Geuka kwa kulia kwako

Right - Kulia

I'm going to listen to your lungs, take a deep breath: Nitasikiliza mapafu yako, jaza mapafu

I'm going to listen to your heart: Nitasikiliza moyo wako

QUESTIONS: MASWALI

YES: Ndio

NO: Apana

Point to your pain – Onyesha maumivu yako

Any Swelling – Uvimbe yoyote

Do you have any: Una yoyote

Pain - Maumivu

Headaches: Maumivu ya kichwa

Blurry vision – Hayakuweza kuona vizuri

Nausea: Kichefuchefu

Neck pain: Maumivu ya shingo

Vomiting - Kutapika

Dizziness - Kizunguzungu

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Fever – Homa

Do you have any injuries? - Una majeraha yoyote?



ANATOMY/DIAGNOSIS – ANATOMIA/UAGUZI

Tear - Kupasua

Strain – Mavune

Sprain – Kutenguka

Cramp - Gango

Femoralacetabular impingement –

Fracture – Kivunjo

Tendon – Kano

Ligament – Kano

Muscle – Msuli

Osteoarthritis – Ugonjwa wa mifupa

Tendinitis – Tendinitis

Frozen shoulder – Kikagandamana kwa bega

Contusion/bruise – Chubuko

Dislocation – Kuachana kwa kiungo

Joint - Viungo

Cartilage – Gegedu/tishu

Bone - Mfupa

Concussion - Mtikiso

Loose body – Mwili huru

Swelling - Uvimbe

Numbness – Kufaganzi

Tingling/paresthesias – Kuwashwa

Weakness - Dhaifu

Mild – Upole

Moderate – Kiasi wastani

Severe – Kadhaa

Partial – Kiasi

Complete – Kabisa

Sharp – Kali

Dull - Hafifu

You can't return to play/no return to play – Huwezi kurudi kucheza

Numbers - Namba

1: Moja	20: Ishirini
2: Mbili	30: Thelathini
3: Tatu	40: Arobaini
4: Nne	50: Hamsini
5 :Tano	60: Sitini
6 :Sita	70: Sabini
7 :Saba	80: Themanini
8 :Nane	90: Tisini
9 :Tisa	100: Mia moja
10 :Kumi	1000: Elfu moja

Muscles - Misuli

Biceps: Shavu la mkono

Triceps: Shavu la chini ya mkono

Hamstrings: Ukano wa mvungu wa goti

Quadriceps: Musuli wa paja

Achilles tendon: Ukano wa kisingino

Pain: Maumivu/uchungu