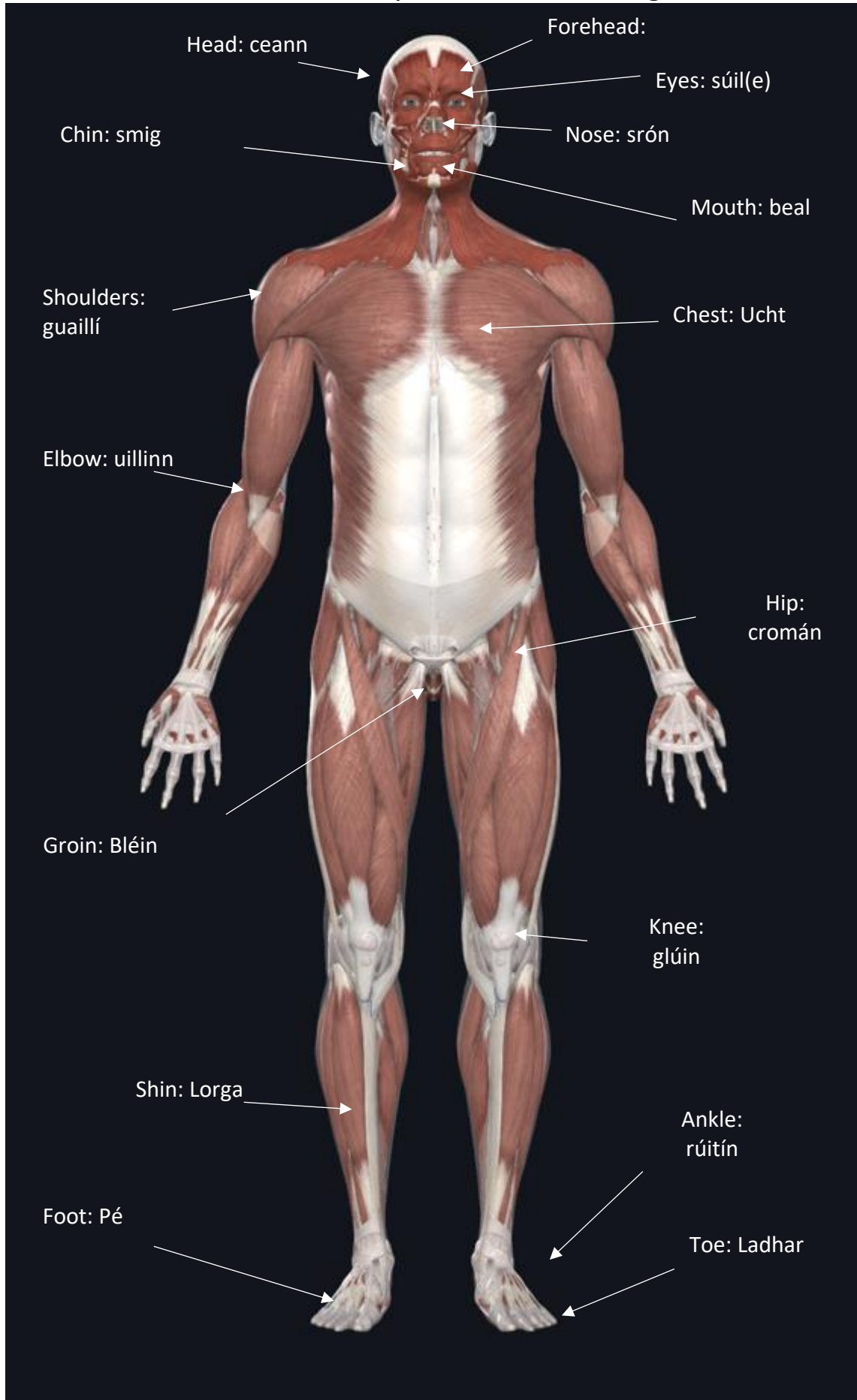
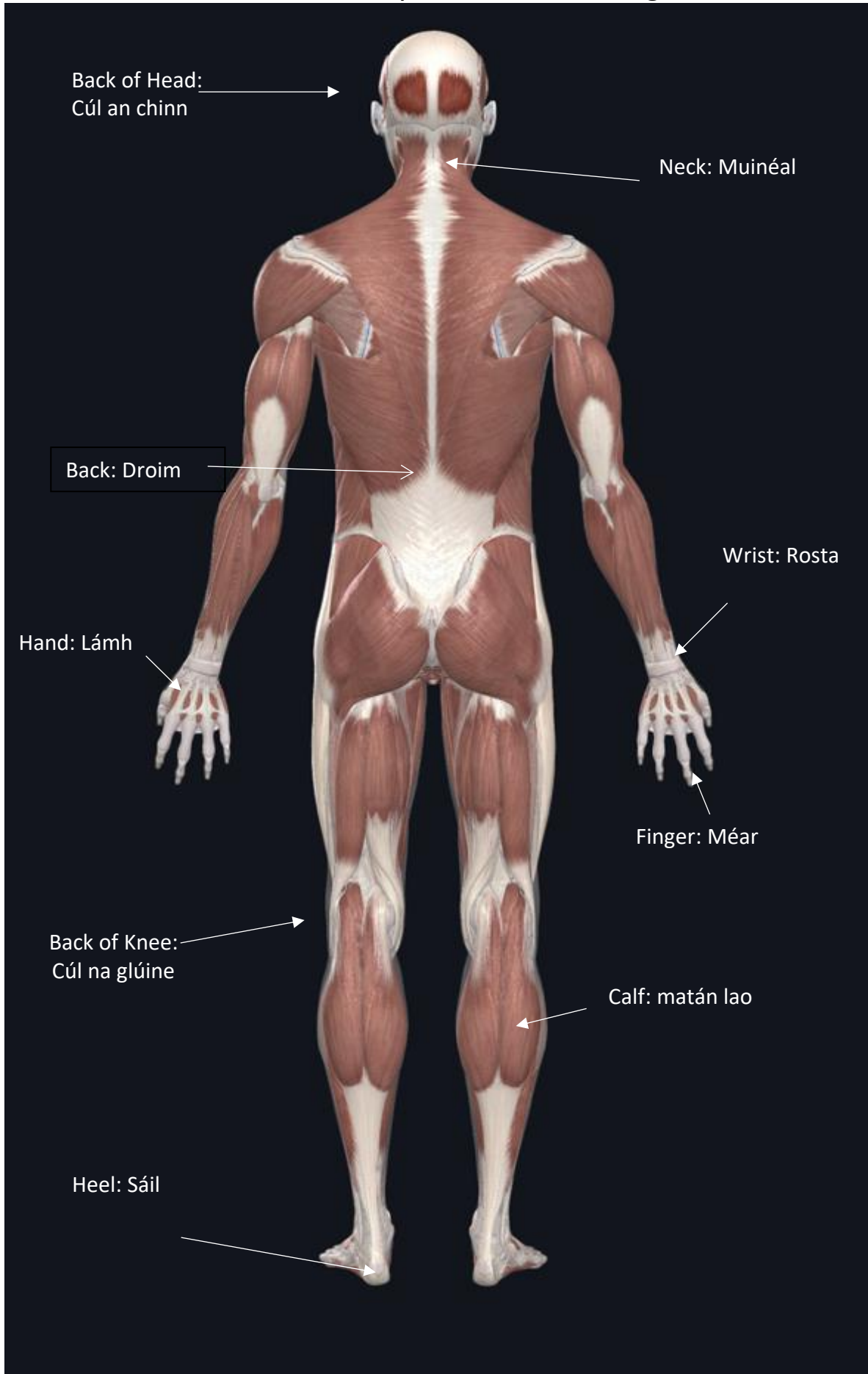


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Hi, I'm \_\_\_\_\_, i'm going to examine your medical form, ask you some questions, then conduct a physical exam.

*Dia duit, is mise \_\_\_\_\_, táim chun do fhoirm leighis a scrúdú, roinnt ceisteanna a chur ort, ansin scrúdú fisiceach a dhéanamh.*

INSTRUCTIONS: *TREORACHA:*

Now, I am going to examine - *Anois, scrúdóidh mé*

Stand up - *Seas suas*

Sit down - *Suigh síos*

Lie on your back - *Luigh ar do dhroim*

Lie on your belly - *Luigh ar do bholg*

Bend your knees - *Lúb do ghlúine*

Relax, please - *Bí ar do shuaimhneas, le do thoil*

Raise your arms over your head - *Ardaigh do sciatháin thar do cheann*

Squat down - *Téigh ar do ghogaide*

Point to your pain - *Dírigh do mhéar ar an bpian*

Turn to your left - *Cas ar chle*

Turn to your right - *Cas ar dheis*

I'm going to listen to your lungs, take a deep breath: *Tá mé ag dul a éisteacht le do scámhóga, tarraing anáil dhomhain:*

I'm going to listen to your heart: *Tá mé ag dul a éisteacht le do chroí*

QUESTIONS: *CEISTEANNA:*

Any swelling? *An bhfuil áit ar bith ag at?*

Do you have any instability? *An bhfuil aon éagobhsaíocht ort?*

Do you have any?: *An bhfuil: ... ar bith*

Headaches?: *Tinnis cinn?*

Blurry vision? *An bhfuil daille ar do radharc?*

Nausea? : *Samhnas?*

Neck pain?: *Pian mhuiníl?*

Vomiting? *urlacan/ráig urlacain*

Dizziness? *Meadhrán*

Fever? *Fiabhras*

Do you have any injuries? *An bhfuil gortaithe ar bith ort?*

ANATOMY/DIAGNOSIS

Tear - *stróiceadh*

Strain - *Straidhneáil*

Sprain – *Leon*

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Cramp - *crampa*

Labrum - *Labram*

Hip labrum - *Labram cromáin*

Femoralacetabular impingement - *Neamhbhrisheadh femacetabular*

Fracture – *Briseadh*

Tendon – *teannán*

Ligament – *ballnasc*

Muscle – *Meatán*

Rotator cuff - *Rothlóir gualainne*

Osteoarthritis – *oisté-airtríteas*

Tendinitis - *Teannáiníteas*

Meniscus – *meinisceas*

Frozen shoulder - *Ghuaileann reoite*

Adhesive capsulitis – *Capsulíteas féithe*

Impingement syndrome - *Siondróm imbhuailte*

Contusion/bruise – *ballbhrú*

Subluxation – *Fo-asaltú*

Dislocation – *Asaltú*

Joint - *alt*

Cartilage - *loingeán*

Bone - *cnámh*

Concussion - *comhtholghadh*

Loose body - *Páirteanna scaoilte*

Swelling - *At*

Instability - *Eagobhsíocht*

Numbness - *bodhaire*

Tingling/paresthesias – *paresthesias*

Weakness - *laige*

Bone spur/osteophyte - *Spor cnáimhe/ oistéifít*

mild, moderate, severe - *Eadrom, measartha, trom?*

partial, complete - *leathdhal (partial)*

sharp, dull – *géar, bodhar*

You can't return to play/no return to play - *Ní féidir leat filleadh ar an imirt / gan filleadh ar an imirt*

You can return to play - *Is féidir leat filleadh ar imirt*

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1 aon	10 deich
2 dó	20 fiche
3 trí	30 tríocha
4 ceathar	40 ceatharcha
5 cúig	50 caoga
6 se	60 seascha
7 seacht	70 seachtó
8 ocht	80 ochtó
9 naoi	90 nócha
	100 céad

Days – Lá	(Laethanta)
Months – Mí	(Míonna)
Years – Bhliain	(Blianta)