





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

你好，我是_____，我會看一下你填的醫療表格，問你一些問題，然後檢查你的身體

nǐ hǎo , wǒ shì _____ , wǒ huì kàn yī xià nǐ tián dí yī liáo biǎo gé , wèn nǐ yī xiē wèn tí , rán hòu jiǎn chá nǐ dí shēn tǐ

INSTRUCTIONS:

Now, I am going to examine 我現在要檢查 wǒ xiàn zài yào jiǎn chá

Stand up 站起來 zhàn qǐ lái

Sit down 坐下來 zuò xià lái

Lie on your back 躺下來，臉朝上 tàng xià lái , liǎn zhāo shàng

Lie on your belly 躺下來，臉朝下 tàng xià lái , liǎn zhāo xià

Bend your knees 彎你的膝蓋 wān nǐ dí xī gài

Relax, please 放輕鬆 fàng qīng sōng

Raise your arms over your head 把你的手舉過你的頭 bǎ nǐ dí shǒu jǔ guò nǐ dí tóu

Squat down 蹲下來 dūn xià lái

Point to your pain 哪邊痛，指出來 nǎ biān tòng, zhǐ chū lái

Turn to your left 向左轉 xiàng zuǒ zhuǎn

Turn to your right 向右轉 xiàng yòu zhuǎn

I'm going to listen to your lungs, take a deep breath: 我要聽聽你的肺。深呼吸 wǒ yào tīng tīng nǐ dí fèi shēn hū xī

I'm going to listen to your heart: 我要聽聽你的心臟 wǒ yào tīng tīng nǐ dí xīn zàng

QUESTIONS:

Any swelling? 有沒有腫? yǒu méi yǒu zhǒng?

Do you have any instability? 你有沒有行動不穩 nǐ yǒu méi yǒu xíng dòng bù wěn

Do you have any: 你有沒有 nǐ yǒu méi yǒu

Headaches? 頭痛 tóu tòng

Blurry vision? 視力模糊 shì lì mó hū

Nausea? 噁心感? è xīn gǎn ?

Neck pain? 脖子痛? bó zǐ tòng ?

Vomiting? 吐? Tù?

Dizziness? 暈眩? yùn xuàn ?

Fever? 發燒? fā shāo ?

Do you have any injuries? 你有沒有受傷? nǐ yǒu méi yǒu shòu shāng ?

ANATOMY/DIAGNOSIS

Tear –撕裂 sī liè

Strain – 拉傷 lā shāng

Sprain – 扭傷 niǔ shāng

Cramp - 抽筋 chōu jīn

Labrum - 唇 chún

Hip labrum - 髖關節唇 Kuān guānjié chún

Femoralacetabular impingement - 股骨髖臼撞擊 Gǔgǔ kuān jiù zhuàngjī

Fracture – 骨折 gǔ zhē

Tendon – 筋 jīn

Ligament – 韌帶 rèn dài

Muscle – 肌肉 jī ròu

Rotator cuff - 旋轉肌袖 xuán zhuǎn jī xiù

Osteoarthritis – 關節炎 guān jié yán

Tendinitis - 肌腱炎 jī jiàn yán

Meniscus – 半月板 bàn yuè bǎn

Frozen shoulder - 五十肩 wǔ shí jiān

Adhesive capsulitis – 粘黏性肩關節囊炎 zhān nián xìng jiān guān jié náng yán

Impingement syndrome - 夾擠症候群 jiā jǐ zhèng hòu qún

Contusion/bruise – 瘀青 yū qīng

Subluxation - 半脫位 bàn tuō wèi

Dislocation–脫臼 tuō jiù

Joint 關節 guān jié

Cartilage 軟骨 ruǎn gǔ

Bone 骨頭 gǔ tóu

Concussion 腦震盪 nǎo zhèn dòng

Loose body 游離體 yóu lí tǐ (medical) , 關節鼠 guān jié shǔ (colloquial)

Swelling 腫 zhǒng

Instability 不穩定性 bù wěn dìng xìng

Numbness 沒知覺 méi zhī jué

Tingling/paresthesias 麻 má

Weakness 無力 wú lì

Bone spur/osteophyte 骨刺 gǔ cì

mild, moderate, severe 輕度 qīng dù , 中度 zhōng dù , 重度 zhòng dù

partial, complete 部分 bù fēn , 完全 wán quán

sharp, dull 刺痛 cì tòng , 鈍痛 dùn tòng

English/Mandarin Guide 2019 – Dr. Jim Niu



You can't return to play/no return to play 你不行重返比賽 nǐ bù xíng zhòng fǎn bǐ sài

You can return to play 你可以重返比賽 nǐ kě yǐ zhòng fǎn bǐ sài

1 一 yī

2 二 èr

3 三 sān

4 四 sì

5 五 wǔ

6 六 liù

7 七 qī

8 八 bā

9 九 jiǔ

10 十 shí

20 二十 èr shí

30 三十 sān shí

40 四十 sì shí

50 五十 wǔ shí

60 六十 liù shí

70 七十 qī shí

80 八十 bā shí

90 九十 jiǔ shí

100 一百 yī bǎi

Days 天 tiān

Months 月 yuè

Years 年 nián