





English - Serbian Guide 2019 - Biljana Marekic



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

Dobar dan, ja cu da pogledam vase papire , postavicu vam neka pitanja i onda cu da vas pregledam

INSTRUCTIONS:

INSTRUKCIJE:

Now, I am going to examine - Sada cu da vas pregledam

Stand up - Ustanite

Sit down - Sedite

Lie on your back – Lezite na ledja

Lie on your belly – Lezite na stomak

Bend your knees – Savijte kolena

Relax, please – Opustite se, Molim vas

Raise your arms over your head – Podignite vase ruke uvis

Squat down -Cucnite

Point to your pain – Pokazite gde vas boli

Turn to your left – Okrenite se levo

Turn to your right –Okrenite se desno

I'm going to listen to your lungs, take a deep breath: Poslusacu vam pluca,udahnite duboko

I'm going to listen to your heart: Poslusacu vam srce

QUESTIONS:

PITANJA:

Any swelling? Da li ste primetili da je oteklo?

Do you have any instability? Da li osecate nesigurnost?

Do you have any: Da li imate

Headaches?: Glavobolja (Da li imate glavobolju?)

Blurry vision? Mutno pred ocima

Nausea?: Mucnina

Neck pain?: Bol u vratu

Vomiting? Povracanje

Dizziness? Vrtoglavica

Fever? Temperatura

Do you have any injuries? Da li imate neku povredu?

ANATOMY/DIAGNOSIS

Tear - Pocepati

Strain – Istegnuce

Sprain – **Uganuce**

Cramp - Grc

Labrum - Labum

Hip labrum – Labum kuka

Femoralacetabular impingement -

Fracture – Prelomi

Tendon – Tetiva

Ligament –Ligament

Muscle –Mistic

Rotator cuff – Rotatorna manžetna ramena

Osteoarthritis – Osteoartritis

Tendinitis –Zapaljenje tetive

Meniscus – Meniskus

Frozen shoulder – Zaledjeno rame

Adhesive capsulitis – Zaledjeno rame

Impingement syndrome - Ukljesteenje

Contusion/bruise – Nagnjecenje/Modrica

Subluxation –delimicno iscasenje

Dislocation – Iscasenje zgloba

Joint - Zglob

Cartilage - Hrskavica

Bone - Kost

Concussion – Potres mozga

Loose body -

Swelling - Oticanje

Instability - nestabilno

Numbness - Utrnulost

Tingling/paresthesias – Trnci, Parestezija

Weakness - Slabost

Bone spur/osteophyte – Kostana izraslina

mild, moderate, severe – blago, umereno, tesko

partial, complete -Delimican, ceo

sharp, dull – Ostar, tup

You can't return to play/no return to play Ne mozes da se vratis da igras ...

You can return to play – Mozes da se vratis sportu

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1 jedan	10 deset
2 dva	20 dvadeset
3 tri	30 trideset
4 cetiri	40 cetrdeset
5 pet	50 pedeset
6 sest	60 sezdeset
7 sedam	70 sedamdeset
8 osam	80 osamdeset
9 devet	90 devedeset
	100 sto

Days –Dani: Ponedeljak (Monday),Utorak,Sreda,Cetvrtak,Petak,Subota, Nedelja

Months – Meseci:Januar,Februar,Mart,April,Maj,Jun,Jul,Avgust,Septembar,Oktobar,Novembar,Decembar

Years -Godine