Close-Up C1 – Unit 3 USE OF ENGLISH

Just for the Health of It

1. Read the text. Fill in the gaps with ONE suitable word.

How could I _____ got a stress fracture?

Stress fractures are small cracks in _____ normal bone, related to repeated impact, often _____ weight-bearing bones of the shin or foot, _____commonly in runners and other sportspeople.

Bone is constantly remodelling, clearing damaged bone, replacing _____, allowing adaptation to different loads. If it can't adapt quickly _____, there's an imbalance, areas of weakness or 'stress', _____ then fracture, causing persistent pain, swelling or tenderness over several weeks. They often occur _____ there's a sudden increase in physical activity or training intensity without enough rest time for the bone to adapt and remodel.

Manage by offloading the bone and resting _____ activity, allowing time to heal. You may need crutches and a walking boot. Use pain resolution as the guide to rehabilitating, and start less load-bearing exercises, and more cross training, static cycling, or swimming. Ensure good bone health _____ a balanced diet containing calcium, protein, carbs, and fats. Wear correct supportive footwear. Physio _____ help.



LIVEWORKSHEETS

2. **Read the texts below and use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line.**

Ibuprofen makes your stomach bleed

Ibuprofen is a _____ painkiller but possible	**USE**
side effect include gastric _____, ulceration and	**IRRITATE**
bleeding. Always take it with food or a _____drink to	**MILK**
reduce risks. If you have health problems that increase _____	**BLOOD**
risks or if you're over 65, talk to your general _____, who	**PRACTICE**
may prescribe medicine to protect your stomach.	

Muscle Training

A _____ assistive technology, Earswitch, might offer	**REVOLUTION**
people with _____ conditions, including motor	**NEUROLOGY**
neurone disease (MND), new ways of _____	**COMPUTER**
communication. The device is controlled by _____	**TENSE**
a muscle in the ear, control of which might be preserved in people	
'locked-in' from stroke, or late-stage MND. It's important	
because current _____ devices can	**ASSIST**
become _____ as conditions deteriorate,	**USE**
but more research is needed.	

(Source: Woman's Weekly, 13 July, 2021)

LIVEWORKSHEETS