

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

As a physical therapist, an important part of your job is to have an effective communication with your patients. Being able to describe their issues to them in detail, what to do to solve it, and how to do it. You also need to understand and be able to interpret all the patient's signs of pain, as well as all the main spots of it. You need all the information in order to be able to treat them properly.

Since Spanish is one of the most spoken languages in the world, chances are you may be treating lots of Spanish-speaking patients on a daily basis. If communication is a barrier the treatment may be affected, either by how much you can understand of the spoken language, or the depth and detail you can explain to your patient. These things can negatively affect the long-term health of your patients.



[Check Out Our
Medical Spanish Training](#)

That's why in today's blog, we'll be giving you these tips to make our job easier.

1- USEFUL PHRASES:

Here we have a list of phrases to introduce yourself and investigate the source of pain, all of these phrases are in a formal manner:

- Good morning, I'll be your physical therapist, my name is (name here), it is a pleasure to meet you. - **Buenos días, yo seré su fisioterapeuta, mi nombre es (name here), es un gusto conocerlo/la.**
- Tell me what are the areas of your body that you feel pain in and when that pain started. - **Cuénteme en que zonas de su cuerpo siente dolor y cuando comenzó el mismo.**
- Have you fallen down, had any accident, or anything out of the ordinary that could have triggered this pain? - **Ha usted tenido alguna caída, accidente o algo fuera de lo normal que pudo haber desencadenado este dolor?**

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

ENGLISH PHRASES	SPANISH PHRASES
My name is	Me llamo (your name)
I'm your Physical Therapist	Soy su fisioterapeuta
What's your name?	Cómo se llama? or Cuál es su nombre?
How are you?	Cómo esta?
What happened to you?	Qué le pasó?
Did you fall?	Se cayó?
Did you have an accident?	Tuvo un accidente?
What happened?	Qué ocurrió?
When did it happen?	Cuando ocurrió?
How long have you had the problem?	Por cuánto tiempo ha tenido el problema?
Did it ever happen before?	Le ha ocurrido antes?
Do you have any relative with the same issue?	Tiene algún antecedente familiar con el mismo problema?
You had surgery.	Le practicaron una cirugía.
Where did you get hurt?	En dónde se lastimó?
What do you do for a living?	En qué trabaja? or A qué se dedica?
Where does it hurt?	Dónde le duele?
Point to the pain.	Señale dónde le duele.
Are you in pain?	Tiene dolor?

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

ENGLISH PHRASES	SPANISH PHRASES
How much pain do you feel on a scale from 0 to 10? Being zero the absence of pain and ten the maximum level of pain.	En una escala del uno al diez que tan fuerte es su dolor? Con cero como la ausencia del dolor y diez siendo el dolor máximo.
If you have to describe your pain, you would say it is:	Si tuviera que describir el dolor, sería
Sharp	Agudo
Shooting	Súbito
Stabbing	Punzante
Dull	Sordo
Throbbing	Palpitante
Burning	Quemante
Do you have any numbness or tingling sensation in your body?	Tiene entumecimiento u hormigueo en alguna parte de su cuerpo?
What gives you relief from the pain?	Qué alivia el dolor? or ¿Qué calma el dolor?
Does it hurt when you walk, stand, sit, lift objects, bend, climb stairs or carry objects?	Le duele al caminar, pararse, sentarse, levantar objetos, agacharse, subir escaleras o trasportar objetos?
What are your goals for therapy?	Cuáles son sus objetivos con la terapia?
Is your (body part) rigid?	Es su (body part) rígida?

2-PARTS OF THE BODY IN SPANISH:

- The left/right side of the back. - **La zona izquierda/derecha de la espalda.**

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

- The upper/lower side of the back. - **La zona alta/baja de la espalda.**
- Around the neck/arm/torso. - **Alrededor del cuello/brazo/torso.**
- Around the wrist/ leg/ waist. - **Alrededor de la muñeca/pierna/ cintura.**

ENGLISH TERMS	SPANISH TERMS
Head	Cabeza
Eyes	Ojos
Ears	Orejas
Face	Cara
Neck	Cuello
Shoulder	Hombro
Nose	Nariz
Mouth	Boca
Chest	Pecho
Arm	Brazo
Elbow	Codo
Finger	Dedo
Thumb	Pulgar
Ring finger	Anular
Index finger	Índice
Pinky finger	Meñique
Forearm	Muñeca

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

ENGLISH TERMS	SPANISH TERMS
Wrist	Muñeca
Hand	Mano
Hip	Cadera
Abdomen	Abdomen
Leg	Pierna
Thigh	Muslo
Knee	Rodilla
Groin	Ingle
Shin	Espinilla
Ankle	Tobillo
Foot	Pie
Toe	Dedo del pie
Scapula	Escápula
Back	Espalda
Spine	Columna vertebral
Buttocks	Glúteos
Heel	Talón
Calf	Pantorrilla

3-DIRECTIONS:

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

- Do this exercise twice a day, once in the morning and once at night. - **Haga este ejercicio dos veces al día, en la mañana y en la noche.**
- Take this medication in the morning before starting with your activities for the day. - **Tome esta medicación por la mañana antes de comenzar con sus actividades.**
- Apply this cream in the area of the pain at night after your exercises. - **Aplíquese esta crema en la zona del dolor luego de sus ejercicios en la noche.**

DIRECTIONS IN ENGLISH	DIRECTIONS IN SPANISH
Lie down in the examination table please	Recuéstese en la camilla por favor
Please sit up	Párese por favor
Lie down on your back	Acuéstese sobre su espalda
Lie down on your abdomen	Acuéstese sobre su abdomen
Sit down	Siéntese
Face down	Boca abajo
Face up	Boca arriba
Do you feel pain here?	Siente dolor aquí?
If I apply pressure in this spot, does it hurt?	Si presiono este punto, Siente dolor?
Turn over to the right	Voltéese a la derecha
Turn over to the left	Voltéese a la izquierda
Do you feel pain when doing this movement?	Haciendo este movimiento, siente dolor?
Tell me how much it hurts	Dígame cuanto le duele
Move your (body part)	Mueva su (body part)

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

DIRECTIONS IN ENGLISH	DIRECTIONS IN SPANISH
Raise your (body part)	Levante su (body part)
I'm going to examine your strength	Voy a examinar su fuerza
I'm going to examina your range of motion	Voy a examinar su rango de movimiento
Let me know if the pain is too much to bear.	Avíseme si siente demasiado dolor
Hold this position	Mantenga esta posición
Hold this position, don't let me move you	Resista en esa posición, no me deje moverlo/la
Bend forward	Inclínese hacia delante
Bend backward	Inclínese hacia atrás
Bend to the left	Doble a la izquierda
Bend to the right	Doble a la derecha
Turn to the left	Gire a la izquierda
Turn to the right	Gire a la derecha
Keep it straight	Mantenga estirado
Walk towards me	Camine hacia mi
Walk in the opposite direction	Camine hacia el otro lado
Follow what I do	Siga lo que hago
We'll try harder	Intentaremos más fuerte

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

DIRECTIONS IN ENGLISH	DIRECTIONS IN SPANISH
Relax	Relájese
Take a break	Tome un descanso
Good job!	¡Buen trabajo!

4-DIAGNOSTIC AND TREATMENT:

- You have (name of the pathology), you'll need 6 months of treatment, three times a week. - **Usted tiene (name of the pathology), va a necesitar 6 meses de tratamiento, tres veces por semana.**

ENGLISH TERMS	SPANISH TERMS
A ligament sprained	Un esguince de ligamento
A muscle strained	Un desgarro de músculo
Muscular weakness	Debilidad muscular
Muscular stiffness	Rigidez muscular
A ligament strained	Un desgarro de ligamento
Tendinitis	Tendinitis
A slipped disc	Una hernia discal
Arthritis	Artritis
Osteoarthritis	Artrosis
Osteoporosis	Osteoporosis
Balance issues	Problemas de equilibrio
A deviation in your spine or scoliosis	Una desviación de columna o escoliosis

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

ENGLISH TERMS	SPANISH TERMS
Muscular inflammation due to a trauma	Inflamación muscular por traumatismo
Bursitis	Bursitis

- The treatment we'll apply to you is (name of the treatment), in addition, we'll teach you exercises for you to do at home. - **El tratamiento que vamos a aplicarle será (name of the treatment), además le enseñaremos ejercicios para que realice en su hogar.**

ENGLISH TERMS	SPANISH TERMS
Postural training	Entrenamiento de la postura
Stretching	Estiramiento
Therapeutic exercise	Ejercicio terapéutico
Massages	Masajes
Strengthening	Fortalecimiento
Stabilization	Estabilización
Vibratory muscle stimulation and TENS	Estimulación muscular vibratoria y TENS
Joint mobilizations	Movilizaciones articulares
Electrotherapy and ultrasound	Electroterapia y ultrasonido
Magnetotherapy	Magnetoterapia

- I would like you to come four times per week for three months - **Quisiera que venga a la terapia -cuatro- veces por semana por -tres- meses.**
- You'll need also to take this medication for a month, one pill a day, and apply this cream for two months in the affected area. - **Usted necesita también tomar esta medicación por un mes, una píldora por día, y aplicarse esta crema por dos meses en la zona afectada.**

MEDICAL SPANISH TIPS FOR PHYSICAL THERAPISTS

ENGLISH TERMS	SPANISH TERMS
One	Uno
Two	Dos
Three	Tres
Four	Cuatro
Five	Cinco
Six	Seis
Day	Día
Week	Semana
Mes	Mes
Year	Año