



## The Legs and Lower Body

There are several parts to the leg. The upper part is known as the **thigh**. The front of the lower leg is the **shin**. The back of the lower leg is the **calf**.

There are two joints in the leg. They are the **knee** and **ankle**. They help the leg move.

The **foot** is attached to the bottom of the leg at the ankle. Our feet allow us to walk, jump, and run. They also aid in balance. The **toes** are part of the forefoot.

There are several large muscle groups in the lower body. The **gluteals** are located in the buttocks. The **quadriceps** are located on the front of the thigh. The **hamstrings** are located on the back of the thighs.

1 What are some parts of the lower body?

2 What are some of the muscles in the leg?

Body Part	Location
Shin	The <input type="text"/> part of the lower <input type="text"/> .
Knee	Located midway down the leg. It connects the <input type="text"/> and calf.
Gluteals	Muscles found in the <input type="text"/> .

### Vocabulary

3 Read the sentence pairs. Choose which word best fits each blank.

1 A The  found in the buttocks, are a large muscle group.

B The man felt pain in the front of his thigh when he hurt his .

2 A The woman fractured her  when she dropped a heavy object on it.

B The man rubbed his  because his lower leg ached.

3 A The woman put protective guards over her , to protect her lower legs.

B The man rested his hands on his  and rubbed his quads.

## Vocabulary

4 Fill in the blanks with the correct words from the word bank.

word BANK

hamstring

knee

toe

ankle

Joints

Muscle

Part of the foot

## 3 The Body 2



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The front part of the lower leg is called the . The back part of the lower leg is called the .

## Listening

6 Listen to a conversation between a physical therapist and an assistant. Mark the following statements as *True* or *False*.

▶ 0:00 / 0:00 ———▶ 🔊 ⋮

- 1 The patient regularly schedules physical therapy.  True  False
- 2 The patient has hurt her knee.  True  False
- 3 The injury was sports related.  True  False

nahrávka 3 – the body 2 Exe 6

## Listening

7 Listen again and complete the conversation.

▶ 0:00 / 0:00 ———▶ 🔊 ⋮

PT: So, there's a new patient 1)   this morning.

Assistant: Okay. Is that 2)  on the schedule?

PT: It is now. She has the 9.30 a.m. 3) .

Assistant: Oh, I see. Melissa Fletcher. What is she coming in for?

PT: She mentioned her leg. 4)    and knee. Apparently it was a sports injury.

Assistant: Ouch. That might take some time 5)  .

PT: I expect so. Make sure she 6)  more appointments before leaving.

Assistant: Will do.

3 - The Body 2 - Exe 7