

OET Speaking Practice Test - Physiotherapy Role Play Cards

OET Mock Test – Physiotherapy

Setting: Physiotherapy clinic

Patient: You are a 40-year-old patient who has come to the physiotherapist for a consultation due to chronic lower back pain. You work as an accountant and have to sit in front of the computer for long hours. You experience difficulty in standing up and walking after sitting for a long time. The pain radiates to your legs, and you feel numbness and tingling sensation.

Task:

- Explain your condition of chronic lower back pain to the physiotherapist.
- Share how your job requires you to sit for long hours and how it affects your mobility.
- Describe the pain, including the location and any accompanying sensations.
- Ask the physiotherapist about the possible causes of the pain and the treatment options.
- Request for exercises or stretches that can help relieve the pain and improve mobility.
- Inquire about any precautions or lifestyle changes that can help prevent further pain or injury.
- Agree with the treatment plan and schedule follow-up appointments.

OET Mock Test – Physiotherapy

Setting: Physiotherapy clinic

Physiotherapist: A 40-year-old patient presents to the physiotherapy clinic with chronic lower back pain. The patient is an accountant who has to sit for long hours and experiences difficulty in standing and walking after sitting for a long time. The patient reports pain that radiates to the legs, accompanied by numbness and tingling sensation.

- Assess the patient's posture, range of motion, and muscle strength to determine the possible causes of the pain.
- Discuss with the patient the possible treatment options, such as therapeutic exercises, manual therapy, or electrotherapy.
- Provide exercises or stretches that can help relieve the pain and improve mobility.
- Educate the patient on proper posture, ergonomics, and body mechanics to prevent further pain or injury.
- Advise the patient on lifestyle modifications, such as regular physical activity and a balanced diet, that can help improve their overall health and prevent further pain or injury.
- Schedule follow-up appointments to monitor the patient's progress and adjust the treatment plan accordingly.