

(Book 1)

abdomen [N-COUNT-U4] The abdomen is the front portion of the body, below the waist. / κοιλιά

abduction [N-COUNT-U11] Abduction is a movement that pulls a body part away from the midline of the body. An example of abduction is lifting your arms from your sides in an upward motion. / απαγωγή (απομάκρυνση των χεριών ή ποδιών απ' τη μέση του σώματος στη γυμναστική)

active recovery [N-UNCOUNT-U15] Active recovery is when you intentionally exercise at a low level of intensity to allow your body to recover from more intense physical activity. / ενεργή ανάκαμψη (με έντονη άσκηση)

adaptation [N-COUNT-U14] Adaptation is when you can do physical activity with less effort than before, because your cardiovascular system and muscles are more efficient. / προσαρμογή

adduction [N-COUNT-U11] Adduction is a movement that pulls a body part towards the midline of the body. An example of adduction is lowering your outstretched arms in a downward motion. / προσαγωγή (επιστροφή των χεριών ή ποδιών κοντά στη μέση του σώματος)

aerobic exercise [N-COUNT-U14] Aerobic exercise is when you use the same set of muscles, rhythmically, for at least fifteen minutes, while maintaining 60-80% of your maximum heart rate. During aerobic exercise you can breathe without gasping for air. / αερόβια άσκηση

amphiarthrosis [N-COUNT-U8] An amphiarthrosis is a joint in which bones are connected by elastic cartilage and ligaments, allowing for slight movement, such as in the human spine. / αμφιάρθρωση (άρθρωση με μικρή κινητικότητα, π.χ. η βηκική σύμφυση, οι μεσοσπονδύλιοι δίσκοι)

ankle [N-COUNT-U3] An ankle is the joint where the foot connects to the leg. / αστράγαλος

anterior [ADJ-U10] If something is anterior, it is on or near the front of the body. / πρόσθιος

articulate [ADJ-U8] Articulate means consisting of parts held together by joints. / αρθρωτός, σπονδυλωτός

back [N-COUNT-U2] The back is the back side of the torso, located between the neck and the pelvis. / πλάτη, πλάτη

balance [N-COUNT-U1] Balance is stable equilibrium within the body. / ισορροπία, ευστάθεια

ball-and-socket joint [N-COUNT-U9] A ball-and-socket joint consists of a spherical bony head that moves within a cup or socket allowing for multi-axial movement. Examples include the shoulder and hip joints. This is another name for a spheroidal joint. / σφαιροειδής άρθρωση (π.χ. του ώμου και του ισχίου)

biaxial [ADJ-U8] If a joint is biaxial, it permits movement on two axes, at right angles to each other. / διαξονικός

bicep [N-COUNT-U2] The bicep is the muscle located on the front side of the upper arm, located above the inner elbow. / δικέφαλος μύς

bone [N-COUNT-U5] A bone is any one of the hard, calcium-based pieces of connective tissue that make up the skeletons of vertebrates, or animals with backbones. / οστό

calf [N-COUNT-U3] A calf is the lower back region of the leg between the knee and the foot. / γάμπα

calisthenics [N-PLURAL-U15] Calisthenics are a set of physical exercises that you do, without equipment, in order to improve your strength and health. / καλλισθενική γυμναστική

cardiac muscle [N-COUNT-U7] A cardiac muscle is the muscle tissue of the heart. It is involuntary and makes short, single contractions. / μυοκάρδιο

cartilaginous joint [N-COUNT-U8] A cartilaginous joint is a joint in which the bones are connected entirely by cartilage. / χόνδρινος διάρθρωση

chest [N-COUNT-U2] The chest is the front part of the body located between the neck and the abdomen. / στήθος, θώρακας

circuit training [N-UNCOUNT-U15] Circuit training is a series of exercises that are done one after the other. When all the exercises are completed once, that is a circuit. You then repeat the circuit. / κυκλική προπόνηση

circuit-interval training [N-UNCOUNT-U15] Circuit-interval training is when you do circuits of exercises that switch back and forth from high to low intensity. / κυκλική-διαλειμματική προπόνηση

comminuted [ADJ-U5] If a fracture is comminuted, the bone is crushed or broken into several pieces. / (για οστό) με πολλαπλά κατάγματα

compound [ADJ-U5] If a fracture is compound, the bone pushes through the skin. / (για κάταγμα) με το οστό να προεξέχει

conditioning [N-UNCOUNT-U14] Conditioning is an exercise program that you follow to improve your muscles' ability to use energy. / καλή λειτουργική κατάσταση του σώματος

condylar joint [N-COUNT-U9] A condylar joint is comprised of a convex and a concave surface, allowing movement along two axes. One example is the joint at the base of the index finger. This is another name for ellipsoidal joints. / κονδυλοειδής ή ελλειψοειδής άρθρωση (π.χ. του δείκτη [του δάχτυλου])

continuous training [N-UNCOUNT-U15] Continuous training is when you do a physical activity without taking any breaks to rest. It may be high or medium intensity. / συνεχόμενη άσκηση (χωρίς διαλείμματα)

contract [V-I-U6] To contract is to shorten and thicken. / (για τους μύς) συστέλλονται

contraction [N-COUNT-U7] A contraction is a movement of a muscle that causes it to become tighter. / συστολή, μάζεμα (των μυών)

contralateral [ADJ-U10] If something is contralateral, it is positioned on the opposite side of the body from another body part. / στην αντίθετη πλευρά από

cool-down period [N-COUNT-U15] A cool-down period is a period of time during which you do a set of gentle exercises, in order to recover from more intense physical activity. / περίοδος χαλάρωσης (μετά από έντονη γυμναστική)

core [N-COUNT-U4] The core is the central portion of the trunk which includes many groups of muscles. / το τμήμα του κορμού μεταξύ του θώρακα και της λεκάνης

cross training [N-UNCOUNT-U12] Cross training is an exercise program that uses a variety of exercises or tasks to improve muscle strength and endurance in different areas. / συνοδική εκγύμναση όλου του σώματος

- deconditioning** [N-UNCOUNT-U14] Deconditioning is when maximum oxygen consumption, cardiac output and muscle strength decrease. This results from inactivity or illness. / απορρύθμιση της καλής λειτουργικής κατάστασης του σώματος
- depression** [N-COUNT-U11] Depression is a movement that travels in an inferior direction. / κατέβασμα (π.χ. του ποδιού σε μια άσκηση)
- detraining** [N-UNCOUNT-U12] Detraining is the reduction in muscle performance that begins one or two weeks after the body stops performing resistance exercises. It ultimately results in a loss of all gains from training. / διακοπή ή μείωση γυμναστικής
- diarthrosis** [N-COUNT-U8] A diarthrosis is a free moving joint such as a human shoulder or hip. / διάρθρωση (άρθρωση με μεγάλη κινητικότητα, π.χ. ο ώμος)
- displaced** [ADJ-U5] If a fracture is displaced, the bone is moved from its proper position. / (για οστό) που έχει μετατοπισθεί
- distal** [ADJ-U10] If something is distal, it is in a position further away from the center of the body or a specific location. / σε απόσταση από
- dorsiflexion** [N-UNCOUNT-U11] Dorsiflexion is the extension of the whole foot in an upward direction. / ραχιαία κάμψη του ποδιού (έκταση των δακτύλων προς τα πάνω)
- elastic** [ADJ-U6] If something is elastic, it is able to stretch and expand, then resume its former shape. / ελαστικός
- elevation** [N-COUNT-U11] Elevation is a movement that travels in a superior direction. / ανύψωση
- ellipsoidal joint** [N-COUNT-U9] An ellipsoidal joint is comprised of a convex and a concave surface, allowing movement along two axes. One example is the joint at the base of the index finger. This is another name for condylar joints. / ελλειψοειδής ή κονδυλοειδής άρθρωση (π.χ. του δείκτη [του δάχτυλου])
- endurance** [N-UNCOUNT-U12] Endurance is the body's ability to perform low-intensity, sustained, or repetitive activities over an extended time period. / αντοχή
- energy expenditure** [N-COUNT-U14] Energy expenditure is energy used when doing physical activity. It is often measured in kilocalories. / κατανάλωση ενέργειας
- extension** [N-COUNT-U11] Extension is a straightening motion that increases the angle between two parts. / έκταση (π.χ. των ποδιών)
- fascicle** [N-COUNT-U6] A fascicle is a bundle of muscle fiber surrounded by connective tissue. / δέσμη μυών
- fitness** [N-UNCOUNT-U14] Fitness is a general term used to describe the ability to do physical work. / καλή φυσική κατάσταση
- flex** [V-T-U6] To flex a muscle is to tighten it. / λυγίζω (τους μύς)
- flexion** [N-UNCOUNT-U11] Flexion is a bending motion that reduces the angle between two parts. / κάμψη (μυών)
- foot** [N-COUNT-U3] A foot is the body part at the bottom of the leg used for standing and walking. / πόδι (από τον αστράγαλο και κάτω)
- forearm** [N-COUNT-U2] The forearm is the lower part of the arm, located between the elbow and the wrist. / αντιβράχιο (το τμήμα του χεριού απ' τον αγκώνα μέχρι τον καρπό)
- fracture** [N-COUNT-U5] A fracture is a bone break. / κάταγμα
- free weights** [N-COUNT-U13] Free weights are a type of equipment used for weight training. They include barbells, dumbbells, and kettlebells. / βαράκια γυμναστικής
- frontal plane** [N-COUNT-U10] The frontal plane of the body divides it into front and back halves. / μετωπιαίο επίπεδο (το οντό επίπεδο που χωρίζει το σώμα σε πρόσθιο και οπίσθιο τμήμα)
- full-arc exercise** [N-COUNT-U13] A full-arc exercise is a form of exercise that develops strength through the full, available range of movement (ROM). / άσκηση πλήρους έκτασης των μελών
- functional strength** [N-COUNT-U12] Functional strength is the ability of the neuromuscular system to control, produce, or reduce forces, both actual and planned, during activities. / λειτουργική δύναμη
- gluteals** [N-PLURAL-U3] The gluteals (glutes) are the biggest muscles in the buttock. / γλουτιαίοι μύες
- greenstick** [ADJ-U5] If a fracture is greenstick, the bone is partly broken and partly bent. / (για κάταγμα) «χλωρού ξύλου», ατελής
- hamstring** [N-COUNT-U3] A hamstring is a group of muscles and tendons in the posterior thigh. / ιγυακός τένοντας (στο πίσω μέρος του μηρού)
- hand** [N-COUNT-U2] The hand is the part of the body attached at the end of the arm, comprised of a palm, four fingers, and a thumb. / χέρι (από τον καρπό και κάτω)
- heart rate** [N-COUNT-U15] A heart rate is the number of times that your heart beats within the space of a minute. It increases with exercise. / ρυθμός καρδιακών παλμών
- heavy activity** [N-COUNT-U14] Heavy activity is activity that uses up a large amount of energy. For the average male this means it takes 7.5 to 9.9 kilocalories per minute. / έντονη άσκηση
- hinge joint** [N-COUNT-U9] A hinge joint consists of one convex and one concave surface, often with a ledge that fits into a groove, enabling back and forth movement like that of a door. Examples include the elbow and the knee. / γύγγυμος άρθρωση (π.χ. η ποδοκνημική)
- hip** [N-COUNT-U4] A hip is one of two parts on each side of the body, located between the top of the leg and the waist. / ισχίο, γοφό
- impacted** [ADJ-U5] If a fracture is impacted, the broken end of a bone is wedged against the other broken end. / (για κάταγμα) σφηνωμένο (τμήμα οστού) μέσα σε άλλο οστό
- inferior** [ADJ-U10] If something is inferior, it is below a referenced location on the body. / κατώτερος
- inpatient** [N-COUNT-U1] An inpatient is a patient who is required to stay in a medical facility for one night or more. / εσωτερικός ασθενής (νοσηλεύομενος)
- interval training** [N-UNCOUNT-U15] Interval training is when you switch back and forth between periods of intense physical activity and lighter activity or rest. / διαλειμματική προπόνηση
- involuntary** [ADJ-U7] If something is involuntary, it is sudden and beyond your control. / (για τους μύς) που εκτελούν ακούσιες κινήσεις

- ipsilateral** [ADJ-U10] If something is ipsilateral, it is positioned on one side of the body. / ομόπλευρος
- joint** [N-COUNT-U8] A joint is the point where two or more bones connect, formed by cartilage and connective tissue that allow for motion. / σύνδεσμος, άρθρωση
- knee** [N-COUNT-U3] A knee is the joint in the middle section of the leg, which bends. / γόνατο
- lateral** [ADJ-U10] If something is lateral, it is positioned toward the outer part of the body and further away from the midline. / πλευρικός
- ligament** [N-COUNT-U5] A ligament is a tough, fibrous band of connective tissue that helps connect joints and supports internal organs. / σύνδεσμος
- light activity** [N-COUNT-U14] Light activity is activity that uses up only a small amount of energy. For the average male this means it takes 2.0 to 4.9 kilocalories per minute. / ελαφρά άσκηση
- marrow** [N-UNCOUNT-U5] Marrow is the soft, jelly-like tissue that fills bone cavities. / μυελός των οστών
- maximal loading** [N-UNCOUNT-U13] Maximal loading is high-intensity exercise. / μέγιστη επιβάρυνση, υπερφόρτωση
- maximum oxygen consumption** [N-UNCOUNT-U14] Maximum oxygen consumption is a measure of the body's ability to use oxygen. / μέγιστη κατανάλωση οξυγόνου
- medial** [ADJ-U10] If something is medial, it is positioned closer to the midline of the body. / μεσαίος, μέσος
- mobility** [N-COUNT-U1] Mobility is the ability to move the body, joints, or limbs freely. / κινητικότητα
- mode** [N-COUNT-U13] A mode refers to the type of exercise one performs, the type of muscle contraction that occurs during the exercise, and the way in which the exercise is carried out. / τρόπος
- moderate activity** [N-COUNT-U14] Moderate activity is activity that uses up a medium amount of energy. It does not use a lot or a little energy. / μέτρια άσκηση
- monaxial** [ADJ-U8] If a joint is monaxial, it is uniaxial, permitting movement in only one axial direction. / (για άρθρωση) μονοαξονική
- multiaxial** [ADJ-U8] If a joint is multiaxial, it permits movement on multiple axes. / (για άρθρωση) πολλαξονική
- muscle** [N-COUNT-U6] A muscle is a soft tissue in mammals that contains long protein cells that contract and produce motion, changes in posture, and that help foster the movement of internal organs. / μύς
- muscle fiber** [N-COUNT-U6] A muscle fiber, also known as a muscle cell or a myocyte, is an elongated, tubular cell that helps form a muscle. / μυϊκή ίνα
- muscle power** [N-UNCOUNT-U12] Muscle power is the rate at which a muscle contracts and produces force over a period of time. / μυϊκή τάση
- muscle strength** [N-UNCOUNT-U12] Muscle strength is the greatest determinable force that can be applied by a muscle or muscle group to overcome resistance during a single exercise, or another physical effort. / μυϊκή δύναμη
- myofibril** [N-COUNT-U6] A myofibril is a long, rod-like unit of a muscle cell that is composed of proteins. / μυϊκό ινίδιο
- neck** [N-COUNT-U2] The neck is the part of the body located at the top of the spine, connecting the torso to the head. / λαιμός
- outpatient** [N-COUNT-U1] An outpatient is a patient who receives treatment at a medical facility and is able to return home on the same day. / εξωτερικός ασθενής (χωρίς εισαγωγή σε νοσοκομείο)
- overload principle** [N-UNCOUNT-U12] The overload principle is the idea that a muscle must be challenged in order to perform at a higher level. To achieve this, greater loads, or higher resistance levels, need to be applied to the muscle. / η αρχή της υπερφόρτωσης (άσκηση με το μεγαλύτερο βαθμό δύναμης/αντίστασης)
- ovoid** [ADJ-U8] If a joint is ovoid, the concave surface of one bone articulates with the convex surface of another. / οβάη, ωειδής
- passive recovery** [N-UNCOUNT-U15] Passive recovery is when you let your body recover from exercise by resting and not moving. / παθητική αποκατάσταση
- patient** [N-COUNT-U1] A patient is a client seeking treatment from a medical practitioner. / ο ασθενής
- pelvis** [N-COUNT-U4] The pelvis is the lower portion of the trunk. / πύελος, λεκάνη
- physical therapist** [N-COUNT-U1] A physical therapist is a medical practitioner who uses exercise, massage, and other physical remedies to treat patients. / φυσικοθεραπευτής
- physiotherapy** [N-COUNT-U1] Physiotherapy is a therapeutic medical practice that uses exercise, massage, and other physical remedies to treat pain and other complaints. / φυσικοθεραπεία
- pivot joint** [N-COUNT-U9] A pivot joint is a type of joint where the convex surface of one bone rotates within the concave surface of another. / στροφική ή τροχοειδής άρθρωση (π.χ. του γονάτου)
- plane joint** [N-COUNT-U9] A plane joint is a joint located between the surfaces of two flat bones held together by ligaments. Examples include some joints in the wrists and ankles. / επίπεδη άρθρωση (π.χ. του καρπού)
- plantarflexion** [N-UNCOUNT-U11] Plantarflexion is the flexion of the whole foot, in a downward direction. / πελματιαία κάμψη του ποδιού (έκταση των δακτύλων προς τα κάτω)
- posterior** [ADJ-U10] If something is posterior, it is on or near the back of the body. / οπίσθιος
- posture** [N-UNCOUNT-U4] Posture is the position in which a person holds his or her body. / στάση του σώματος
- pronation** [N-UNCOUNT-U11] Pronation is a combined movement that includes abduction, eversion and plantarflexion. / πρηνισμός του ποδιού (απαγωγή και έκταση των δακτύλων προς τα κάτω)
- proximal** [ADJ-U10] If something is proximal, it is in a position closest to the center of the body or a specific location. / εγγύς, κοντινός
- quadriceps** [N-PLURAL-U3] Quadriceps (quads) are a group of four muscles on the front of the thigh. / τετρακέφαλος μύς
- rehabilitate** [V-T-U1] To rehabilitate a patient is to restore his or her good health and wellbeing. / αποκαθιστώ την υγεία ενός ασθενούς

- repetition** [N-COUNT-U13] A repetition is the number of times that a movement is repeated. / επανάληψη άσκησης
- repetition maximum** [N-COUNT-U13] A repetition maximum is the greatest amount of weight that a muscle can move through the available range of motion (ROM) a certain number of times. / ο μέγιστος αριθμός επαναλήψεων σε άσκηση με βάρη
- resistance exercise** [N-COUNT-U12] Resistance exercise is any form of exercise training that involves the resistance of muscular contractions due to the application of external forces, whether applied manually or mechanically. / άσκηση αντίστασης
- rest interval** [N-COUNT-U13] A rest interval is a period of rest or inactivity between exercise sets. / διάλειμμα χαλάρωσης (μεταξύ των ασκήσεων)
- restore** [V-T-U1] To restore function, is to return a part of the body to its properly functioning state. / αποκαθιστώ
- reversibility training** [N-UNCOUNT-U12] Reversibility training is the idea that the body must regularly perform exercises in order to maintain improvements in strength and endurance. Otherwise, these changes will reverse and result in losses in strength and endurance. / ασκήσεις αναστρεψιμότητας (οι οποίες βοηθούν στην επαναφορά της φυσικής κατάστασης του σώματος)
- rib cage** [N-COUNT-U4] The rib cage is the bones that curve around the chest, lungs and heart. / θωρακικό τοίχωμα
- rotator cuff** [N-COUNT-U2] The rotator cuff is comprised of four muscles that control the rotation of the shoulder joint. / τενόντιο πέταλο του ώμου
- saddle joint** [N-COUNT-U9] A saddle joint has opposing surfaces that are concave and convex, in the shape of a saddle, allowing for movement in side to side directions, and back and forward, but not for rotation. The thumb is the only saddle joint in the body. / εφίππιος άρθρωση (π.χ. του αντίχειρα)
- sagittal plane** [N-COUNT-U10] The sagittal plane of the body divides it into right and left halves. / οβελιαίο επίπεδο (το νοητό επίπεδο που χωρίζει το σώμα σε αριστερό και δεξιό τμήμα)
- SAID principle** [N-UNCOUNT-U12] The SAID (Specific Adaptation to Imposed Demands) principle is the idea that a specific framework is necessary to all exercise programs. In other words, physical training needs to meet specific functional requirements and goals. / η αρχή SAID (άσκηση με συγκεκριμένο πρόγραμμα)
- sarcomere** [N-COUNT-U6] A sarcomere is a unit of a muscle that is composed of long, fibrous proteins which slide past each other as muscles relax or contract. Under a microscope, sections of sarcomeres appear as light and dark bands. / σαρκομέριο
- seller** [ADJ-U8] If a joint is seller, the opposing surfaces are concave and convex, in the shape of a saddle, allowing for movement in side to side directions, and back and forward, but not for rotation. / (για άρθρωση) εφίππιοειδής
- set** [N-COUNT-U13] A set is a predetermined number of repetitions that are grouped together in order to strengthen a particular muscle group. / σύνολο ασκήσεων
- shin** [N-COUNT-U3] A shin is the lower front region of the leg between the knee and the foot. / καλμάι, κνήμη
- short-arc exercise** [N-COUNT-U13] A short-arc exercise is a form of exercise that develops strength through only a portion of the available range of movement (ROM). / άσκηση μερικής έκτασης των μελών
- shorten** [V-T-U6] To shorten something is to reduce its length. / συμπτύσσομαι, κονταίνω
- shoulder** [N-COUNT-U2] The shoulder is the joint that connects the upper arm to the torso. / ώμος
- skeletal muscle** [N-COUNT-U7] A skeletal muscle is a voluntary muscle that is connected to the skeleton. Skeletal muscles work in pairs. / σκελετικός μυς
- skeleton** [N-COUNT-U5] A skeleton is the supportive, protective structure of a living organism, usually made of a bony framework which supports soft tissues and protects the internal organs within vertebrates. / σκελετός
- smooth muscle** [N-UNCOUNT-U7] Smooth muscle is involuntary muscle in the internal organs that can stretch and maintain tension. / λείος μυς
- spheroidal joint** [N-COUNT-U9] A spheroidal joint consists of a spherical bony head that moves within a cup or socket allowing for multiaxial movement. Examples include the shoulder and hip joints. This is another name for a ball and socket joint. / σφαιροειδής άρθρωση (π.χ. του ώμου και του ισχίου)
- spine** [N-COUNT-U4] The spine is a series of bones that runs up a person's back and is also called a backbone. / σπονδυλική στήλη
- stabilize** [V-T-U4] To stabilize a muscle or muscle group is to make it firmer or stronger. / σταθεροποιώ
- strength training** [N-UNCOUNT-U12] Strength training is the process of a muscle or muscle group lifting, lowering, or controlling heavy loads for a low number of repetitions over a short time period. / ασκήσεις ενδυνάμωσης μυών
- stress fracture** [N-COUNT-U5] A stress fracture is a hairline fracture, or a fracture that appears as a slim crack on the surface of the bone when it is subjected to repeated strain due to activity. / λεπτό κάταγμα λόγω καταπόνησης του οστού
- stretch** [V-T-U6] To stretch a muscle is to extend its length. / κάνω διατάσεις
- stretching** [N-COUNT-U1] Stretching is the act of extending muscles to their full length. / διάταση, τέντωμα
- submaximal loading** [N-UNCOUNT-U13] Submaximal loading is exercise at moderate to low intensities. / υπομέγιστη επιβάρυνση
- superior** [ADJ-U10] If something is superior, it is above a referenced location on the body. / ανώτερος
- supination** [N-UNCOUNT-U11] Supination is a combined movement that includes adduction, inversion and dorsification. / υπτιασμός του ποδιού (προσαγωγή, αναστροφή και ραχιαία κάμψη)
- support** [V-N-UNCOUNT-U4] Support is when you hold something up, or something that bears weight or holds up something else. / στηρίζω, στήριξη, στήριγμα
- synovial joint** [N-COUNT-U8] A synovial joint is a joint in which the bones are connected by a joint cavity containing fluid which allows for free range of motion. / διάρθρωση (άρθρωση με μεγάλη κινητικότητα)

tendon [N-COUNT-U7] A tendon is a string-like body part that joins a muscle to a bone. / τένοντας

tension [N-UNCOUNT-U7] Tension is the extent to which something is pulled tight. / τάση, τέντωμα

thigh [N-COUNT-U3] A thigh is the top section of the leg, above the knee. / μηρός, μπούτι

tissue [N-UNCOUNT-U7] Tissue is a group of similar connected cells in an animal or plant. / ιστός

toe [N-COUNT-U3] A toe is one of the five individual, moveable parts at the end of a foot. / δάκτυλο ποδιού

torso [N-COUNT-U4] A torso is the trunk of the body which does not include the head, legs, or arms. / κορμός σώματος

transverse plane [N-COUNT-U10] The transverse plane of the body divides it into upper and lower halves. / οριζόντιο επίπεδο (το νωτό επίπεδο που χωρίζει το σώμα σε πάνω και κάτω τμήμα)

tricep [N-COUNT-U2] The tricep is the muscle located on the back side of the upper arm, located above the outer elbow. / τρικέφαλος μύς

trochoid joint [N-COUNT-U9] A trochoid joint has a section of a cylinder of one bone which fits into a cavity of another. Examples include pivot joints and rotary joints. / τροχοειδής ή στροφική άρθρωση (π.χ. του γονάτου)

twitch [N-COUNT-U7] A twitch is a quick, small movement of muscle, which you cannot control. / σύσπαση, σπασμός

voluntary [ADJ-U7] If something is voluntary, it is done by choice. / εκούσιος

warm up [N-COUNT-U15] A warm up is a set of gentle exercises that you do in order to get your body ready for more intense physical activity. / προθέρμανση

wrist [N-COUNT-U2] The wrist is the joint that connects the hand to the forearm. / καρπός χεριού

(Book 2)

abnormality [N-COUNT-U8] An abnormality is something that is not normal or standard. / ανωμαλία

absent [ADJ-U5] If something is absent, it is missing or not present when it is expected to be. / απών, ανύπαρκτος

ACL [N-COUNT-U9] The ACL is a ligament inside the knee that allows for proper movement. ACL injuries can occur when the ligament tears. / πρόσθιος χιαστός σύνδεσμος γονάτου

adjust [V-T-U6] To adjust something is to fix or change it so that it is more satisfactory. / προσαρμόζω, ρυθμίζω

ADL [N-COUNT-U1] ADL refers to activities of daily living, including eating, personal care, and walking. / καθημερινές δραστηριότητες

amplitude [N-UNCOUNT-U11] Amplitude is half of the full height of a wave and is used to assess how strong a wave is. / πλάτος κύματος (π.χ. σε ηλεκτρονική συσκευή)

analysis [N-COUNT-U2] An analysis is a review of information in order to identify and interpret important information. / ανάλυση

ankle jerk reflex [N-COUNT-U5] An ankle jerk reflex is when someone taps on the Achilles tendon, while the foot is flexed. The foot may kick back or forwards in response. / αντανakηστικό του αχίλλειου τένοντα

ankle strategy [N-COUNT-U12] An ankle strategy refers to movements at the ankle that act to return a person's COM to a stable position. This works with smaller, slower movements. / η στρατηγική της ποδοκνημικής

anticipatory balance control [N-UNCOUNT-U12] Anticipatory balance control is the ability to maintain balance while moving in response to something that a person expects to happen. / προληπτικός έλεγχος ισορροπίας

aquatic exercise [N-COUNT-U14] An aquatic exercise is a physical exercise that takes place in a heated pool. / άσκηση στο νερό

arthritis [N-UNCOUNT-U9] Arthritis is a disease where the joints (where two bones in the body meet) are swollen and painful. / αρθρίτιδα

augmented feedback [N-UNCOUNT-U13] An augmented feedback supplemental to intrinsic feedback, is provided to the learner by the therapist. / επαυξημένη αξιολόγηση

ballistic stretching [N-UNCOUNT-U10] Ballistic stretching is a high-speed, high-intensity stretch characterized by quick, bouncing movements. / βαλλιστικές διατάσεις

belt [N-COUNT-U15] A belt is a floatation device that can be used to support an extremity, or wrapped at the waist to help support the buoyancy of the entire body. / ζώνη (που βοηθά το άτομο να επιπλέει)

bend [V-T-U3] To bend is to curve something so that it is no longer in a straight or upright position. / λυγίζω, σκύβω

biceps reflex [N-COUNT-U5] A biceps reflex is when the point where the bicep muscle joins to the inner elbow is hit and reacts by curling. / αντανakηστικό του δικεφάλου

BOS [N-COUNT-U12] The BOS (base of support) is the perimeter of the area where the body meets a support surface. It is impacted by foot placement. / βάση στήριξης

brain injury [N-COUNT-U9] A brain injury is when there is a change in brain function due to factors like an outside force, a stroke, or the destruction of brain cells. / εγκεφαλική κάκωση

buffer [N-COUNT-U8] A buffer is an intervention aimed at lowering the progression of diseases, limitations, deficiencies, and functional disabilities. / παρεμπόδιση της εξέλιξης μιας αρρώστιας κ.λπ.

buoyancy [N-COUNT-U14] Buoyancy is the upward force that allows objects that are less dense than water to float. / η ιδιότητα να επιπλέει κάτι ή κάποιος

buoyant [ADJ-U15] If something is buoyant, it is able to float. / που μπορεί να επιπλέει

cerebral palsy [N-UNCOUNT-U9] Cerebral palsy is a disease where the brain has problems controlling the body's movement, balance or posture. / εγκεφαλική παράλυση

chief complaint [N-COUNT-U1] A patient's chief complaint is the pain or illness that is causing the most difficulty. / κύριο σύμπτωμα

clinical decision making [N-UNCOUNT-U7] Clinical decision making is the process of reasoning that involves making judgments and determinations in the interest of patient care. / λήψη αποφάσεων για την αγωγή ενός ασθενούς

- COB** [N-COUNT-U14] The COB (center of buoyancy) is the center point on an immersed object, on which vertical (buoyant) forces typically act. / κέντρο άνωσης
- COG** [N-COUNT-U12] The COG (center of gravity) means the vertical projection of the center of mass to the ground. On most adults, the COG is found at roughly 55% of the person's height. / κέντρο βάρους
- collar** [N-COUNT-U15] A collar is a floatation device used to support a patient's neck and keep his or her head out of water. / κολάρο (που βοηθά το άτομο να επιπλέει)
- COM** [N-COUNT-U12] The COM (center of mass) is a point on the body where it is in perfect balance. It is calculated by finding the weighted average of the COM of each body part. / κέντρο μάζας
- communication** [N-UNCOUNT-U13] Communication is the act of conveying or exchanging information. / επικοινωνία
- complex** [ADJ-U4] If an act is complex, it is intricate or involves complicated steps. / σύνθετος, πολυήλικος
- compression** [N-UNCOUNT-U11] Compression is the process of pressing or squeezing something so that it decreases in size. / συμπίεση
- concurrent feedback** [N-UNCOUNT-U13] Concurrent feedback is feedback that takes place during the performance of a task. / ταυτόχρονη αξιολόγηση
- congenital** [ADJ-U8] If a condition is congenital, it existed or began when one was born. / εκ γενετής
- consultation** [N-COUNT-U7] A consultation is a conference between medical specialists regarding the best course of treatment for a patient. / σύσκεψη, συμβούλιο (για την αγωγή ενός ασθενούς)
- continuous task** [N-COUNT-U4] A continuous task is an action requiring repetitive movement, with no marked beginning or end. / συνεχόμενη άσκηση
- contracture** [N-UNCOUNT-U10] Contracture is the permanent, adaptive shortening of muscle tissue and tendons, which produces a deformity or abnormality. / σύσπαση μυός, συνοδική
- COP** [N-COUNT-U12] The COP (center of pressure) is the site of the vertical projection of the ground reaction force. The ground reaction force is equal and opposite to gravity. / κέντρο πίεσης
- coping skill** [N-COUNT-U8] A coping skill includes any knowledge or ability that allows one to handle life's difficulties. / ικανότητα αντιμετώπισης δυσκολιών
- cyclic stretching** [N-UNCOUNT-U10] Cyclic stretching is a type of stretching in which the end-range stretch force is applied at a slow speed, in a controlled manner, and at a low intensity. / διατάσεις με κυκλική κίνηση
- delayed** [ADJ-U13] If feedback is delayed, it is given after an interval of time has passed, allowing time for the learner to reflect. / με καθυστέρηση
- diagnosis** [N-COUNT-U7] A diagnosis is the identification of impairments, including all signs and symptoms, to direct medical intervention. / διάγνωση
- diagnostic** [ADJ-U1] If a process is diagnostic, it refers to actions and analysis used to determine the cause of a patient's complaints. / διαγνωστικός
- diagnostic category** [N-COUNT-U2] A diagnostic category is a group of identified patterns of symptoms of physical limitations and their systemic impact. / διαγνωστική κατηγορία
- diminished** [ADJ-U5] If something is diminished, it is reduced in quantity, size, ability, or importance. / μειωμένος
- discrete task** [N-COUNT-U4] A discrete task is one distinct task in a set of related tasks that must be carried out to complete a composite. / μεμονωμένη άσκηση
- distraction** [N-COUNT-U11] A distraction is a joint play technique that separates the surfaces in the joint. / απομάκρυνση, διαχωρισμός οστών σε άρθρωση
- duration** [N-UNCOUNT-U10] Duration is the length of time during which something occurs. / διάρκεια
- dysfunction** [N-COUNT-U2] Dysfunction refers to abnormal function, the inability to use an organ or body part fully. / δυσλειτουργία
- environment** [N-COUNT-U4] An environment is comprised of the exterior conditions that make up the setting within which action takes place. / περιβάλλον
- equipment** [N-UNCOUNT-U15] Equipment refers to the items or tools needed to perform a task or sporting activity. / εξοπλισμός
- evaluation** [N-COUNT-U7] An evaluation is the process of interpreting findings to determine diagnosis, prognosis, and plan of care. / αξιολόγηση
- evidence-based practice** [N-UNCOUNT-U7] Evidence-based practice is the use of well-researched evidence, as well as professional expertise, to make decisions about patient care. / λήψη αποφάσεων για την αγωγή ενός ασθενούς με βάση τεκμηριωμένα στοιχεία
- examination** [N-COUNT-U2] An examination is a thorough inspection of a patient to determine physical health. / εξέταση
- extensor digitorum reflex** [N-COUNT-U5] An extensor digitorum reflex is when a muscle in the front of the forearm is tapped in a spot below the wrist. The fingers should suddenly extend in response. / αντανακλαστικό του μυός που εκτείνει τα δάκτυλα του χεριού
- family history** [N-COUNT-U8] A family history is a record of illness or disability within one's family. / το οικογενειακό ιστορικό ενός ασθενούς
- feedback** [N-UNCOUNT-U13] Feedback refers to sensory information that is received by the learner both during and after a task. / αξιολόγηση
- fin** [N-COUNT-U15] A fin is worn on the foot to generate resistance by increasing the surface area moving through the water. / βατραχοπέδιλο
- floatation device** [N-COUNT-U15] A floatation device is any piece of equipment used to keep people afloat in water. / αντικείμενο που σε βοηθά να επιπλέεις
- functional outcome** [N-COUNT-U6] A functional outcome includes the level of a patient's physical condition, any functional limitations, and perceived disability. / το λειτουργικό αποτέλεσμα της αγωγής ενός ασθενούς
- gait analysis** [N-COUNT-U2] Gait analysis is an evaluation of the way a patient walks. / ανάλυση του τρόπου βάδισης

goniometry [N-COUNT-U2] Goniometry is a system used to measure range of motion in a joint. / γωνιομετρία (σύστημα μέτρησης του διαθέσιμου εύρους της κίνησης σε μια άρθρωση)

grade [V-T-U5] To grade is to assess the quality of something and give it a letter or a number, reflecting that. / βαθμός

graded oscillation [N-UNCOUNT-U11] Graded oscillation is a system where grades one through five are assigned to mobilizations. Grades one and two are to reduce pain. Grades three to five aim to increase joint play. / διαβαθμισμένη διακύμανση

grasp [V-T-U3] To grasp is to take and hold something with a firm grip. / γραπώνω, αρπάζω

hand paddle [N-COUNT-U15] A hand paddle is a flat paddle worn on the hand that is not buoyant, used to resist motion only in the direction of movement. / κουπί χεριού

hip replacement [N-COUNT or UNCOUNT-U9] A hip replacement is a surgical operation. The hip joint is replaced by an implant that is similar to the previous biological structure. This surgery is usually done in the event of injury or arthritis. / αντικατάσταση ισχίου (με χειρουργική επέμβαση)

hip strategy [N-COUNT-U12] A hip strategy refers to movements at the hip that act to return a person's COM to a stable position. This works with quick or large movements. / η στρατηγική του ισχίου

hydromechanics [N-COUNT-U14] Hydromechanics refers to the physical properties and characteristics of liquid in motion. / υδρομηχανική (ο κλάδος της μηχανικής των ρευστών)

hydrostatic pressure [N-COUNT-U14] Hydrostatic pressure is the pressure that is exerted on objects that are immersed in fluid. / υδροστατική πίεση

hyperactive [ADJ-U5] If something is hyperactive, it is more active than normal. / υπερκινητικός

hypomobility [N-UNCOUNT-U10] Hypomobility is a condition that results in decreased mobility or a reduction in the available range of motion (ROM). / υποκινητικότητα

IADL [N-COUNT-U1] IADL refers to instrumental activities of daily living which allow people to live independently, such as shopping, house cleaning, money management, transportation, medication management, and communication. / καθημερινές δραστηριότητες που παίζουν οργανικό ρόλο

immediate [ADJ-U13] If feedback is immediate, it takes place right after a task has been completed. / άμεσος

immersion [N-COUNT-U14] Immersion is the act of submerging completely in water. / εμβύθιση

inflatable [ADJ-U15] If something is inflatable, it can be filled with air, allowing it to float. / φουσκωτός

initial [ADJ-U1] If a patient meeting is an initial visit, it is the first time that a PT has met with the patient. / αρχικός, πρώτος

intensity [N-UNCOUNT-U10] Intensity is the quality or state of using great force, strength, or energy. / ένταση

intermittent [ADJ-U6] If something is intermittent, it occurs from time to time, not continuously. / περιοδικός, κατά διαστήματα

interpretation [N-COUNT-U2] An interpretation is the way in which a person reads and processes information and forms conclusions. / ερμηνεία, αξιολόγηση

intertrial variability [N-COUNT-U4] Intertrial variability refers to a measure of whether the conditions present in one trial are the same or different in another trial or situation. / μεταβλητικότητα μεταξύ δοκιμασιών

intervention [N-COUNT-U7] An intervention is the process of coordinating, documenting, and communicating instructions regarding the procedural course a client should take. / παρέμβαση, επέμβαση του ειδικού για την αγωγή του ασθενούς

interview [N-COUNT-U1] An interview is a conversation with a set purpose, such as diagnosing an illness. / συνάντηση με τον ασθενή για τη λήψη του ιστορικού του

intrinsic feedback [N-UNCOUNT-U13] Intrinsic feedback is feedback derived from the patient's senses as a task is being performed. / αξιολόγηση προερχόμενη απ' τις αντιδράσεις του σώματος του ασθενούς

involuntary [ADJ-U5] If a movement is involuntary, it is beyond your control. / ακούσιος

joint mobilization [N-UNCOUNT-U11] Joint mobilization is a kind of passive movement of a skeletal joint, typically with the goal of achieving some therapeutic effect. / κινητικότητα των αρθρώσεων

joint play [N-UNCOUNT-U11] Joint play is the movement that occurs between two bones that meet in the joint. / καθεμιά απ' τις κινήσεις των οστών μιας άρθρωσης

kickboard [N-COUNT-U15] A kickboard is a short, flat board used to aid upper body buoyancy in a prone or supine position in the water. / σανίδα κοιλύμβησης

kneel [V-I-U3] To kneel is to place one or both knees on the ground. / γονατίζω

KP [N-UNCOUNT-U13] KP represents knowledge of performance, including during or immediately post-task intrinsic feedback and augmented feedback about the nature or quality of the task. / επίγνωση της εκτέλεσης μιας άσκησης

KR [N-UNCOUNT-U13] KR represents knowledge of results, including post-task feedback about the outcome of a task. / επίγνωση του αποτελέσματος μιας άσκησης

learning [N-COUNT-U4] Learning is the act of acquiring or gaining information and skills. / εκμάθηση

lifestyle [N-COUNT-U1] A lifestyle incorporates the values, habits, and attitudes that dictate how a person chooses to live. / τρόπος ζωής

lift [V-T-U3] To lift is to raise something or someone upward. / σηκώνω

limit of stability [N-COUNT-U12] The limit of stability is the sway boundaries, where a person can keep equilibrium without altering his or her BOS. / όριο ευστάθειας

limited [ADJ-U8] If something is limited, it is characterized by narrowness, small amounts, or small quantities. / περιορισμένος

manipulation [N-COUNT-U4] Manipulation is the act of moving or handling an object. / χειρισμός

- manual stretching** [N-UNCOUNT-U10] Manual stretching is a stretching practice in which a health practitioner applies force to move the involved body part beyond the point of tissue resistance and the available range of motion (ROM). / χειροκίνητες διατάσεις (με τη βοήθεια του ειδικού)
- MCL** [N-COUNT-U9] The MCL is a ligament inside the knee, which keeps it stable. It is possible to sprain or tear this ligament. / έσω πηλίκιος σύνδεσμος γονάτου
- meaningful** [ADJ-U6] If an outcome is meaningful, it is important to the patient, as well as to the patient's family, caregivers, friends, and significant other. / ουσιαστικός, σημαντικός
- measurable** [ADJ-U6] If an outcome is measurable, one can estimate what is to be expected in a situation. / μετρήσιμος
- mechanical stretching** [N-UNCOUNT-U10] Mechanical stretching is a stretching practice that involves using equipment to help stretch shortened tissues and increase range of motion (ROM). / μηχανικές διατάσεις (με τη βοήθεια κατάλληλου εξοπλισμού)
- modify** [V-T-U6] To modify something is to make minor changes to it. / τροποποιώ
- momentum** [N-UNCOUNT-U12] Momentum is the result of mass times velocity. Linear momentum is the speed at which the body moves in a straight line. Angular momentum refers to the rotational speed of the body. / ορμή
- motivation** [N-UNCOUNT-U8] Motivation is the condition of feeling inspired to act. / κίνητρο
- motor learning** [N-COUNT-U4] Motor learning is a method of improving motor skills through practice that leads to long-term changes in ability and response. / κινητική μάθηση
- motor task** [N-COUNT-U4] A motor task is any task or movement carried out through the coordination of musculoskeletal cells. / κινητική άσκηση
- multiple sclerosis** [N-UNCOUNT-U9] Multiple sclerosis is a disease that affects the body's central nervous system. In a person with multiple sclerosis, the immune system attacks the central nervous system. Symptoms range from numbness to paralysis. / σκληρήρωση κατά πλάκας
- normal** [ADJ-U5] If something is normal, it is standard and as expected. / κανονικός
- nutrition** [N-UNCOUNT-U8] Nutrition involves the practice of keeping the body nourished and sustainable by consuming vitamin and mineral-rich foods. / διατροφή
- obesity** [N-UNCOUNT-U8] Obesity is the condition of being excessively overweight. / παχυσαρκία
- objective baseline** [N-COUNT-U2] The objective baseline is the point from which changes are measured once a patient's treatment begins. / τιμές αναφοράς για τη σύγκριση των δεικτών υγείας ενός ασθενούς
- occupation** [N-COUNT-U1] An occupation is a profession or a job. / επάγγελμα, εργασία
- onset** [N-COUNT-U1] The onset of an illness or pain is its start, or earliest stage. / εμφάνιση (των συμπτωμάτων μιας ασθένειας)
- osteoporosis** [N-UNCOUNT-U9] Osteoporosis is a disease that affects the bones. It makes them weaker and more likely to fracture. / οστεοπόρωση
- outcome** [N-COUNT-U6] An outcome is something that occurs as a result or a consequence. / αποτέλεσμα, έκβαση
- Parkinson's disease** [N-UNCOUNT-U9] Parkinson's disease is an illness affecting the central nervous system. Symptoms include shaking, slow voluntary movements, and problems walking. / η νόσος πάρκινσον
- patellar reflex** [N-COUNT-U5] A patellar reflex is when your leg kicks out as a result of being hit at a point below the knee cap. / αντανακλαστικό της επιγονατίδας
- patient history** [N-COUNT-U1] Patient history refers to activities and incidents in a patient's past that may be contributing factors to his or her current complaint. / το ιστορικό ενός ασθενούς
- patient management** [N-UNCOUNT-U7] Patient management is a process that includes examination, evaluation of exam data, diagnosis, prognosis, and intervention. / διαχείριση ασθενών
- patient satisfaction** [N-UNCOUNT-U6] Patient satisfaction is an outcome assessment completed by patients, in the form of surveys, during or at the conclusion of care to determine the quality of care. / ικανοποίηση ασθενών
- performance** [N-COUNT-U4] A performance is an action or task carried out to accomplish a goal. / απόδοση σε μια άσκηση
- plan of care** [N-COUNT-U7] A plan of care offers a description of patient care, outlines anticipated goals and expected outcomes, and lists the frequency and duration of interventions and discharge plans. / πρόγραμμα φροντίδας ενός ασθενούς
- PNF stretching** [N-UNCOUNT-U10] PNF stretching (Proprioceptive Neuromuscular Facilitation stretching), also called "facilitative stretching" or "active stretching", is a technique that integrates active muscle contractions into maneuvers that facilitate or inhibit muscle activation and ensures that the muscle to be lengthened will remain relaxed during stretches. / διατάσεις με τη μέθοδο θεραπείας PNF
- post-response feedback** [N-UNCOUNT-U13] Post-response feedback is feedback that takes place after a task has been completed. / αξιολόγηση μετά από την εκτέλεση μιας άσκησης
- posture analysis** [N-COUNT-U2] Posture analysis is an evaluation of a patient's stance, spinal alignment and limb placement. / ανάλυση της στάσης του σώματος
- practical** [ADJ-U6] If an outcome is practical, it is achieved in an efficient and cost-effective way. / πρακτικός
- predispose** [V-T-U8] To predispose someone to something is to increase their vulnerability of falling ill or becoming disabled. / προδιαθέτω
- preferred practice patterns** [N-COUNT-U2] Preferred practice patterns define general clinical alternatives to treat patients based on factors including the individual patient's needs and the physical therapy profession's code of ethics and standards of practice. / προτιμώμενες πρακτικές αγωγής των ασθενών
- primary impairment** [N-COUNT-U2] A patient's primary impairment is the most significant symptom of dysfunction. / πρωταρχική δυσλειτουργία

- prognosis** [N-COUNT-U7] A prognosis is the projection of a recovery time, and the patient's optimal level of improvement. / ιατρική πρόγνωση
- push** [V-T-U3] To push is to press against something or someone, applying force to move the object to another position. / σπρώχνω
- quantifiable** [ADJ-U6] If an outcome is quantifiable, one can express, determine, or measure changes in a patient's status over time. / μετρήσιμος, ευδιάκριτος
- reach** [V-I-U3] To reach is to extend a part of the body in a particular direction. / εκτείνομαι, απλώνω το χέρι μου
- reactive balance control** [N-UNCOUNT-U12] Reactive balance control is the ability to maintain balance while responding to something that a person did not expect to happen. / έλεγχος ισορροπίας κατά την αντίδραση σε κάποιο ερέθισμα
- reexamination** [N-COUNT-U7] A reexamination is an evaluation of progress and outcomes in order to modify a prognosis, plan of care, and intervention. / επανεξέταση
- referral** [N-COUNT-U7] A referral is the process of directing or redirecting a patient to an appropriate medical professional for proper treatment. Physical therapists often make referrals when a problem is outside of their scope of expertise. / παραπομπή ασθενούς σε άλλον ειδικό
- reflex** [N-COUNT-U5] A reflex is a sudden movement your muscles make, which is beyond your control. / αντανακλαστικό
- result** [N-COUNT-U6] A result is an effect, a consequence, or a conclusion to an action or condition. / αποτέλεσμα
- ring** [N-COUNT-U15] A ring is a floatation device used to support a patient's extremities in an immersed position. / τρογγυλό σωσίβιο για το χέρι, μπρατσάκι
- risk factor** [N-COUNT-U8] A risk factor is something that increases the possibility of illness or disablement. / παράγοντας κινδύνου
- roll** [V-I-U3] To roll is to move from one side to another, or to cause something to do this. / κινούμαι περιστροφικά, κυλιέμαι
- sedentary** [ADJ-U8] If someone is sedentary, he or she is not physically active. / (για άτομο) που δεν ασκείται, που κάνει καθιστική ζωή
- self-stretching** [N-UNCOUNT-U10] Self-stretching, also called "active stretching" or "flexibility exercises", is a stretching practice that a patient conducts independently after careful instruction and supervised practice. / αυτοδιατάσεις, ενεργητικές διατατικές ασκήσεις
- serial task** [N-COUNT-U4] A serial task is a task consisting of distinct parts that must be carried out together, or in sequence, to complete an activity. Examples include starting a car, or playing a piano. / άσκηση αποτελούμενη από μια σειρά ενεργειών
- slide** [V-I or T-U11] To slide is to move smoothly and quickly across a surface, while continuing to touch it, or to cause something to move in this way. / κινούμαι απαλά σε επίπεδη επιφάνεια
- social history** [N-COUNT-U1] Social history is a patient's summary of influential factors such as family relationships, work history, recreation, substance use, and travel. / το κοινωνικό ιστορικό ενός ασθενούς
- spin** [V-I-U11] To spin is to rapidly turn around and around or to cause something to move in this way. / περιστρέφομαι δυνατά, στροβιλιίζομαι
- sprain** [N-COUNT-U9] A sprain is a type of injury that happens when a person abruptly stretches or turns a joint too much. / διάστρεμμα
- squat** [V-I-U3] To squat is to crouch down by bending the knees. / κοντοκάθομαι, κάθομαι στις φτέρνες
- stand** [V-I-U3] To stand is to keep your body in an upright position, supported by your feet. / στέκομαι όρθιος
- static balance control** [N-UNCOUNT-U12] Static balance control is the ability to maintain balance while not moving. / στατική ισορροπία
- static stretching** [N-UNCOUNT-U10] Static stretching is a common stretching practice that elongates soft tissues just past the point of resistance, and then holds them in the lengthened position with a sustained stretch force for a period of time. / στατικές διατάσεις
- stationary** [ADJ-U4] If a body or an object is stationary, it is not moving. / ακίνητος, στάσιμος
- stepping strategy** [N-COUNT-U12] A stepping strategy is a step taken in a forward or backward direction that increases the BOS and regains balance control. / η στρατηγική του βηματισμού
- stimulus** [N-COUNT-U5] A stimulus is something that causes someone to move or react. / ερέθισμα
- stoop** [V-I-U3] To stoop is to bend the upper part of your body downward. It also means to stand with your upper body bent downwards. / καμπουριάζω
- stretch reflex** [N-COUNT-U5] A stretch reflex is when muscles contract in response to being lengthened beyond their typical range. / μυοστατικό αντανακλαστικό
- stroke** [N-COUNT-U9] A stroke is a medical condition in which a tube taking blood to the brain suddenly becomes blocked or bursts. It can lead to a loss of speech, movement, and even death. / εγκεφαλική συμφόρηση, εγκεφαλικό επεισόδιο
- summary** [ADJ-U13] A summary feedback is brief and gives the main facts of something. / συνοπτικός
- surface tension** [N-COUNT-U14] Surface tension is a property of fluid that causes the surface to resemble a thin elastic membrane. / επιφανειακή τάση
- sustainable** [ADJ-U6] If an outcome is sustainable, it results in functional improvements that are maintained over time, from discharge to treatment. / ανθεκτικός, που μπορεί να έχει διάρκεια
- sustained grade** [N-COUNT-U11] A sustained grade is one of three grades used to measure the dosages of joint play techniques. / καθένας απ' τους τρεις βαθμούς κίνησης των οστών μιας άρθρωσης
- swim bar** [N-COUNT-U15] A swim bar is a buoyant dumbbell used to support buoyancy and challenge balance. / μπάρα κοιλύμβησης
- symptom** [N-COUNT-U1] A symptom is any sign or change in the body associated with an illness or disorder. / σύμπτωμα
- systemic review** [N-COUNT-U1] A systemic review is a diagnostic method that assesses the entire body. / συστηματική ανασκόπηση

- tear** [N-COUNT-U9] A tear is damage that occurs in a muscle or ligament. It happens when a muscle or ligament is stretched to the point that it pulls apart. / ρήξη (συνδέσμου ή μυϊκή)
- temperature regulation** [N-COUNT-U14] Temperature regulation refers to the body's ability to maintain a core temperature of between 98°F and 100°F. / ρύθμιση της θερμοκρασίας του σώματος
- test** [N-COUNT-U2] A test is a diagnostic procedure used to evaluate physical or mental function. / δοκιμή, εξέταση
- timing** [N-UNCOUNT-U13] Timing refers to the point in time at which feedback is given. Examples include immediate or delayed. / χρονική στιγμή, χρονικό σημείο
- traction** [N-UNCOUNT-U11] Traction is the process of pulling or drawing and is a kind of passive joint mobilization. / έλξη
- turn** [V-I-U3] To turn is to move to face a different direction. / στρίβω, γυρίζω (μέρος του σώματός μου)
- twist** [V-T-U3] To twist is to wind, or turn, the upper body in a direction that is different from that of the lower body. / περιστρέφω (το πάνω μέρος του σώματός μου)
- twist** [N-COUNT-U9] A twist is damage caused to a body part, as a result of turning or bending it too much, or in the wrong direction. / στραμπούληγμα
- underlying cause** [N-COUNT-U2] The underlying cause of a problem is the fundamental cause that is at the root of a problem, but may not be the most visible sign. / βασική αιτία
- vest** [N-COUNT-U15] A vest is a floatation device worn around the torso and shoulders. / σωσίβιο γιλέκο
- viscosity** [N-COUNT-U14] Viscosity is the tension in liquid molecules that results in resistance to flow. / το ιξώδες ενός υγρού (η αντίσταση των υγρών που παρουσιάζουν κατά τη ροή τους)
- weightlessness** [N-COUNT-U14] Weightlessness is the state or sensation of having little or no body weight. / έλλειψη βαρύτητας

(Book 3)

- acute** [ADJ-U12] If a condition is acute, it is characterized by intensity or severity. / οξύς
- acute arterial occlusion** [N-COUNT-U4] An acute arterial occlusion is a severe blockage of the artery that supplies blood to an organ. / οξεία αρτηριακή απόφραξη
- acute care** [N-UNCOUNT-U14] Acute care is the intensive, short-term treatment of an urgent medical condition or significant injury. / δραστική θεραπεία
- acute stage** [N-UNCOUNT-U1] The acute stage is the stage right after an injury. It is when there is swelling, pain at rest, redness, inflammation, and loss of function. / οξεία φάση ενός τραυματισμού
- adolescent** [N-COUNT-U14] An adolescent is a young person who has reached puberty but has not yet reached adulthood. / έφηβος
- aging** [ADJ-U11] Aging means becoming older. / που γερνάει
- alleviate** [V-T-U9] To alleviate is to lessen the severity, pain, or difficulty of something. / καταπραΰνω, ανακουφίζω

- Alzheimer's disease** [N-UNCOUNT-U11] Alzheimer's disease is a type of illness that affects the brain, which is most common in elderly people. The disease slowly makes it harder to move, talk or remember things. / νόσος του Αλτσχάιμερ
- amputation** [N-COUNT-U12] An amputation is the surgical removal, by cutting, of an infected limb. / ακρωτηριασμός
- analgesic** [N-COUNT-U9] An analgesic is a medication taken to lessen pain. / αναλγητικό, παυσίπονο
- anatomy** [N-UNCOUNT-U15] Anatomy is the study of the human body and its systems. / ανατομία
- anti-inflammatory** [N-COUNT-U9] An anti-inflammatory is a medication taken in order to lower inflammation in the body. / το αντιφλεγμονώδες
- arterial disorder** [N-COUNT-U4] An arterial disorder is a condition that causes an abnormality in the arteries, which interrupts the delivery of blood to various parts of the body. / αρτηριοπάθεια
- arthroscopic procedure** [N-COUNT-U8] An arthroscopic procedure is when the internal structure of a joint is examined by using a tube like video camera called an endoscope that transmits images to a monitor, and miniature motorized surgical tools that are inserted into the body via small incisions. / αρθροσκοπική επέμβαση
- arthroscopically assisted procedure** [N-COUNT-U8] An arthroscopically assisted procedure is when an endoscope is used in conjunction with an open procedure. / συνδυασμός αρθροσκοπικής και ανοιχτής επέμβασης
- arthrosis** [N-UNCOUNT-U2] Arthrosis is a degenerative disease that results in a difference between the production and deterioration of bone cells. / εκφυλιστική οστεοαρθρίτιδα
- avoid** [V-T-U10] To avoid something is to try to stop it from happening. / αποφεύγω, αποτρέπω
- behavioral science** [N-UNCOUNT-U15] Behavioral science is the study of the actions and reactions of humans and animals. / η επιστήμη της συμπεριφοράς
- biology** [N-UNCOUNT-U15] Biology is the study of living organisms. / βιολογία
- biomechanics** [N-UNCOUNT-U15] Biomechanics is the mechanical laws relating to the movements of living organisms. / εμβιομηχανική
- boutonniere deformity** [N-COUNT-U6] A boutonniere deformity is a condition caused by problems with the tendons on the back of the hand resulting in the inability to straighten the finger. The middle joint of the finger is slightly bent while the joint at the tip of the finger is hyperextended. / παραμόρφωση τύπου «κομβιοδόχνης» (σαν κουμπότρυπα)
- breathing exercise** [N-COUNT-U4] A breathing exercise is a method of inhaling and exhaling that helps to relax the body, increase energy, and cleanse the lungs. / άσκηση αναπνοής
- BS** [N-COUNT-U15] BS stands for Bachelor of Science. It is an undergraduate degree. / πανεπιστημιακό πτυχίο στις Φυσικές Επιστήμες
- bursitis** [N-COUNT-U6] Bursitis is a condition caused by inflammation of a bursa, commonly located in the shoulder, elbow, or knee joints. / θυλακίτιδα (φλεγμονή ενός θύλακα)

cancer [N-UNCOUNT-U1] Cancer is a serious disease where groups of cells in the body grow in an atypical, uncontrolled way. / καρκίνος

cast [N-COUNT-U2] A cast is a rigid casing, usually made of gauze, which is used to protect and immobilize a diseased or broken body part in order to help it heal. / βάρθκας, γύψος

cervical [ADJ-U5] If a spine injury is cervical, it is located in the neck. / αυχενικός

childbirth [N-UNCOUNT-U13] Childbirth is when a woman is giving birth to a baby. / τοκετός

chronic [ADJ-U12] If a condition is chronic, it is marked by habitual recurrence or long duration. / χρόνιος

chronic stage [N-UNCOUNT-U1] The chronic stage comes after the subacute stage. It is when inflammation is gone and some muscle weakness may remain. The tissue becomes stronger during this stage. / χρόνια φάση

claw toe [N-COUNT-U7] Claw toe is a deformity causing toes 2 through 5 to bear excess weight that can lead to pain when walking and a shuffling gait. Claw toe is associated with rheumatoid arthritis. / γαμψοδακτυλία

clinical pathology [N-UNCOUNT-U15] Clinical pathology is the diagnosis of disease through the study of bodily fluids. / παθολογοανατομία

CMT [N-UNCOUNT-U11] CMT (Charcot-Marie-Tooth disease) is an inherited, neurological disorder that causes problems with the motor and sensory nerves. / κληρονομική πολυνευροπάθεια

complication [N-COUNT-U13] A complication is something which makes a process more difficult. / επιπλοκή

compression [N-COUNT-U3] A compression is the act of pressing or squeezing in order to reduce the size or volume of something. / συμπίεση

controlled motion phase [N-COUNT-U8] A controlled motion phase is the intermediate postoperative period when gradual stress can be placed on the healing tissues to restore movement. / φάση ελεγχόμενης κίνησης

coordination [N-UNCOUNT-U14] Coordination is the skilled movement of different parts of the body at the same time. / συντονισμός

COPD [N-UNCOUNT-U4] COPD (chronic obstructive pulmonary disease) is a common lung disease, usually caused by smoking, which makes it difficult to breathe. The two main forms are emphysema and chronic bronchitis. Most people with COPD have both conditions. / χρόνια αποφρακτική πνευμονοπάθεια

corticosteroids [N-PLURAL-U9] Corticosteroids are drugs that are often referred to as “steroids” which are very similar to cortisol, a natural hormone produced by adrenal glands. / κορτικοστεροειδή

cough [N-COUNT-U4] A cough is an act that involves expelling air from the lungs in order to rid them of dust or excess mucus. / βήχας

cream [N-COUNT-U9] A cream is a topical medication, applied to the skin, with a water-soluble consistency. / κρέμα, αλοιφή

CRPS I [N-UNCOUNT-U3] CRPS I (Complex Regional Pain Syndrome I) is a pain condition that is usually the result of a problem in the central nervous system or a peripheral system. Symptoms include changes in skin color over the affected region, burning pain, skin sensitivity, sweating, and swelling. CRPS I is usually caused by tissue injury but no underlying nerve injury. / Πολύπλοκο Περιφερικό Σύνδρομο Πόνου τύπου I

CRPS II [N-UNCOUNT-U3] CRPS II is a pain condition that includes all of the symptoms associated with CRPS I, though it is always caused by a nerve injury. / Πολύπλοκο Περιφερικό Σύνδρομο Πόνου τύπου II

cryotherapy [N-UNCOUNT-U12] Cryotherapy is the use of cold for therapeutic purposes. / κρυοθεραπεία

C-section [N-COUNT-U13] A C-section or caesarian section is when a baby is delivered through a cut in the mother’s abdomen. / καισαρική τομή

CTS [N-UNCOUNT-U3] CTS (carpal tunnel syndrome) is a condition that causes pressure in the median nerve, the nerve in the wrist that supplies movement to parts of the hand, and leads to numbness, tingling, weakness, or muscle damage in the hands and fingers. CTS is common among people who perform repetitive motions with their hands, such as typing or driving. / σύνδρομο καρπιαίου σωλήνα

DVT [N-UNCOUNT-U4] DVT (deep vein thrombosis) is a blood clot in a deep vein, usually located in the leg, that may cause pain, swelling, redness, an unusual warm feeling, and puffy superficial veins. / βαθειά φλεβική θρόμβωση

developmental [ADJ-U14] If a process is developmental, it relates to the process of growth or maturation. / αναπτυξιακός

dislocate [V-T-U6] To dislocate a bone is to shift it out of its normal place or position. / προκαλώ εξάρθρωση οστών

dosage [N-COUNT-U9] A dosage is a specific amount of a medicine or vitamin that should be applied or ingested. / δόσολογία

dry needling [N-UNCOUNT-U12] Dry needling is the use of filiform needles, or the extremely fine, stainless steel needles used during acupuncture, for muscle pain. It is also called “intramuscular stimulation”. / βελονισμός με στεγνή βελόνα

elbow [N-COUNT-U6] The elbow is the joint connecting the upper and lower sections of the arm. / αγκώνας

elderly [ADJ-U11] If someone is elderly, they are old or getting old.

electrotherapy [N-UNCOUNT-U12] Electrotherapy is the treatment of an illness with electricity, or the generation of heat in tissues, particularly during surgery. / ηλεκτροθεραπεία

exercise program [N-COUNT-U10] An exercise program is a plan designed to improve a person’s fitness. It often involves aerobic exercise, weight training and stretches. / πρόγραμμα γυμναστικής άσκησης

extrusion [N-COUNT-U5] Extrusion is a degenerative condition caused when the nuclear material of an intervertebral disk leaks into the vertebral canal. / πρήξη μεσοσπονδύλιου δίσκου

- fibromyalgia** [N-UNCOUNT-U2] Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, including tenderness and stiffness. Other disorders, such as sleep disturbances and depression, often accompany fibromyalgia. The disorder has unknown causes and no treatment has proven to be fully effective. / ινομυαλγία
- fracture** [N-COUNT-U2] A fracture is the breaking or rupture of bone tissue. / κάταγμα
- free sequestration** [N-COUNT-U5] Free sequestration refers to a condition where a fragment of the intervertebral disk has broken free and moved. / απόσπαση τμήματος μεσοσπονδύλιου δίσκου
- genetic** [ADJ-U11] If something is genetic, it is associated with genes. A gene is a pattern of chemicals inside a cell that contains information about qualities that a living thing receives from its parents. / γενετικός
- geriatric** [ADJ-U11] If something is geriatric, it is associated with old age, or the treatment of elderly people. / γηριατρικός
- glenohumeral cavity** [N-COUNT-U6] The glenohumeral cavity is the space at the head of the scapula bone that houses the head of the humerus, forming the shoulder joint. / γληνοειδής κοιλότητα του βραχιονίου οστού
- golfer's elbow** [N-COUNT-U6] Golfer's elbow is a painful condition caused by inflammation of the tendons of the inner arm due to exertion in playing golf. Golfer's elbow is also known as medial epicondylitis. / επικονδυλίτιδα του έσω αγκώνα («αγκώνας του αθλητή γκολφ»)
- gout** [N-COUNT-U7] Gout is a form of acute arthritis caused by high levels of uric acid in the blood. It causes pain and swelling in the big toe, heel, ankle, hand, wrist, or elbow, and can affect the spine, causing back pain. / ουρική αρθρίτιδα
- Grade I** [ADJ-U1] If an injury is Grade I, the patient experiences mild swelling, tenderness around the injury and pain if the tissue is stressed. / (τραυματισμός) πρώτου βαθμού
- Grade II** [ADJ-U1] If an injury is Grade II, the patient feels moderate pain and is unable to continue the movement causing the pain. Stress and palpation of the tissue make the pain worse. / (τραυματισμός) δεύτερου βαθμού
- Grade III** [ADJ-U1] If an injury is Grade III, the patient's tissue is completely torn or almost completely torn. He or she is in severe pain. / (τραυματισμός) τρίτου βαθμού
- Guyon's canal** [N-UNCOUNT-U3] Guyon's canal, the ulnar canal, or the ulnar tunnel, is a space at the wrist between hand flexors and ligaments in the palm through which the ulnar artery and ulnar nerve move through the hand. / ωλένιος σωλήνας
- hallux rigidus** [N-COUNT-U7] Hallux rigidus is a deformity of the joint at the base of the big toe caused by bone spurs that can lead to degenerative arthritis and stiffness. / παραμόρφωση του μεγάλου δακτύλου του ποδιού (που προκαλεί ακαμψία)
- hallux valgus** [N-COUNT-U7] Hallux valgus is an abnormal deviation of the big toe causing the tip of the toe to bend toward the outer side of the foot. / παραμόρφωση του μεγάλου δακτύλου του ποδιού (με κλίση προς τα έξω)
- herniation** [N-COUNT-U5] A herniation is a change in the shape of tissue that causes it to rupture and bulge beyond its normal perimeter. / κήλη (του μεσοσπονδύλιου δίσκου)
- house call** [N-COUNT-U11] A house call is when a doctor goes to a patient's home or office to provide medical care. / ιατρική επίσκεψη κατ' οίκον
- ice pack** [N-COUNT-U12] An ice pack is crushed ice or refrigerant gel placed in a small bag or pouch. / παγοκύστη
- immobilization** [N-UNCOUNT-U2] Immobilization is the condition of being unable to move, or having limited mobility. / ακινητοποίηση
- impaired** [ADJ-U3] If something is impaired, it is disabled or does not function properly. / που δε λειτουργεί κανονικά
- inactivity** [N-UNCOUNT-U10] Inactivity is not taking part in physical exercise, or not moving much. / αδράνεια, έλλειψη σωματικής άσκησης
- infant** [N-COUNT-U14] An infant is a baby, usually under the age of one, that is not yet reached the developmental ability to walk or talk. / βρέφος
- inflammatory** [ADJ-U1] If something is inflammatory, it causes part of the body to be painful, red or swollen. / φλεγμονώδης
- inflammatory phase** [N-COUNT-U2] An inflammatory phase is the initial phase of bone healing, characterized as a local response to cellular injury. During this phase, the patient experiences redness, heat, and pain, which help to eliminate harmful agents and damaged tissue. / φλεγμονική φάση
- intervertebral disk** [N-COUNT-U5] An intervertebral disk is one of a series of disks made of cartilage that act as cushions between the vertebrae in the spinal column. / μεσοσπονδύλιος δίσκος
- iontophoresis** [N-UNCOUNT-U12] Iontophoresis is placing an ionized substance, such as a drug, through the skin by applying a direct electric current. / ιοντοφόρηση (η διείσδυση ιόντων από φάρμακα μέσω του δέρματος με τη βοήθεια συνεχούς ρεύματος)
- ischio gluteal bursitis** [N-COUNT-U7] Ischio gluteal bursitis is an inflammation of the bursa that lies between the bony swellings at the lower back part of the hip bone and the hamstring muscles. It often causes pain when sitting. Ischio gluteal bursitis is also called tailor's bottom. / ισchio γλουτιαία θυλακίτιδα
- joint replacement** [N-UNCOUNT-U11] Joint replacement is a type of surgery where a damaged joint is taken out of the body and is replaced by an artificial joint. / αρθροπλαστική
- kinesiology** [N-UNCOUNT-U15] Kinesiology is the study of movement within the human body. / κινησιολογία (η μελέτη της φυσιολογίας των κινήσεων του σώματος)
- laceration** [N-COUNT-U3] A laceration is a wound that results from tearing. / σχίσσιμο (π.χ. νεύρου)
- lateral epicondylitis** [N-COUNT-U6] Lateral epicondylitis is a painful condition caused by inflammation of the exterior tendons of the elbow due to overuse of the lower arm muscles. Lateral epicondylitis is also known as tennis elbow. / επικονδυλίτιδα του έξω αγκώνα («αγκώνας του τενίστα»)

- lumbar** [ADJ-U5] If a spine injury is lumbar, it is located in the part of the spine between the lower ribs and the pelvis. / οσφυϊκός
- lumbar pain** [N-UNCOUNT-U12] Lumbar pain is lower back pain due to the degeneration of the discs between the vertebrae. / οσφυαλγία, ρουμπάγκο
- lymphatic disorder** [N-COUNT-U4] A lymphatic disorder is a condition in which there is an abnormality in the functioning of the lymphatic system, or the system that helps remove waste liquids and excess proteins. / διαταραχή του λεμφικού συστήματος
- lymphedema** [N-UNCOUNT-U4] Lymphedema is an abnormal intrusion and excess accumulation of thin, watery fluid in connective tissue due to poor lymphatic drainage. / λεμφοίδημα
- maturation** [N-UNCOUNT-U1] Maturation is a period of growth and development, or a period where the quality of something improves. / ωρίμαση (επούλωση τραύματος)
- maximum protection phase** [N-COUNT-U8] A maximum protection phase is the initial postoperative period when protecting the tissues that have been operated on is of the most importance. / φάση ύψιστης προστασίας (το αρχικό μετεγχειρητικό στάδιο)
- medial epicondylitis** [N-COUNT-U6] Medial epicondylitis is a painful condition caused by inflammation of the tendons of the inner arm due to exertion in playing golf. Medial epicondylitis is also known as golfer's elbow. / επικονδυλίτιδα του έσω αγκώνα («αγκώνας του αθλητή γκολφ»)
- medicate** [V-I-U9] To medicate is to take medicine for treatment. / παίρνω φάρμακα
- medication** [N-UNCOUNT-U9] Medication is a substance that is taken or applied to lessen pain or to heal an illness. / φάρμακο
- meniscus** [N-COUNT-U7] A meniscus is a curved cartilage that is located in the knee and in other joints at the junction of two bones. / μνίσκος
- minimum protection phase** [N-COUNT-U8] A minimum protection phase is the advanced postoperative period when most patients should have a nearly pain-free, full range of motion. / φάση ελάχιστης προστασίας (το τελικό μετεγχειρητικό στάδιο)
- mitigate** [V-T-U13] To mitigate means to make a problem less severe. / μετριάζω, απαλύνω
- motor skill** [N-COUNT-U14] A motor skill is a learned sequence of movements that combine to produce a smooth, efficient action. / κινητική δεξιότητα
- MS** [N-COUNT-U15] MS stands for Master of Science. It is a postgraduate degree. / Μεταπτυχιακό Δίπλωμα Θετικών Επιστημών
- muscle pull** [N-COUNT-U7] A muscle pull is an injury caused by overuse or trauma that can cause muscles to tear as a result of overstretching. / τράβνημα μυός
- myofascial pain syndrome** [N-UNCOUNT-U2] Myofascial pain syndrome, also called chronic myofascial pain, is a condition characterized by chronic pain in highly irritable spots and constrictions in the fascia, or layers of fibrous tissue. / μυοπεριτονιακό σύνδρομο πόνου
- nerve injury** [N-COUNT-U3] A nerve injury is damage to a nerve that results from pressure, stretching, or cutting. Nerve injury can prevent signal transmission, cause muscles not to work properly, and may cause loss of feeling in some areas. / τραυματισμός νεύρου
- nervous system** [N-COUNT-U11] The nervous system is the system in your body that is made up of the brain, spinal cord and nerves. It sends and receives signals that tell your body and mind what to do. / νευρικό σύστημα
- neurological** [ADJ-U11] If something is neurological, it is associated with the nervous system and the diseases that can impact it. / νευρολογικός
- neuromuscular therapy** [N-UNCOUNT-U11] Neuromuscular therapy is a type of manual therapy. The aim is to balance the nervous system and the musculoskeletal system. / νευρομυϊκή θεραπεία
- neuroscience** [N-UNCOUNT-U15] Neuroscience is the study of the nervous system and the brain. / νευρολογία (η επιστήμη που ασχολείται με τη μελέτη του νευρικού συστήματος και του εγκεφάλου)
- NSAIDs** [N-COUNT-U9] NSAIDs are a type of medication that helps relieve pain, fever, and, if taken in high doses, inflammation. / μη στεροειδή αντιφλεγμονώδη φάρμακα
- open procedure** [N-COUNT-U8] An open procedure is when the skin and underlying fascia, muscle, and joint capsule are exposed by making an incision of appropriate length and depth. / ανοικτή χειρουργική επέμβαση
- orthopedics** [N-UNCOUNT-U12] Orthopedics is a field of medicine that is concerned with the correction or prevention of physical abnormalities, disorders, or injuries of the skeleton, tendons, or ligaments. / ορθοπαιδική
- osteoarthritis** [N-UNCOUNT-U2] Osteoarthritis is a form of arthritis that is characterized by degeneration, or sometimes overgrowth, of the joints and bone cartilage, which may cause pain, swelling, and stiffness. / οστεοαρθρίτιδα
- over-the-counter** [ADJ-U9] If a medication is over-the-counter, it is sold directly to a patient, with no need of a prescription. / μη συνταγογραφούμενο (φάρμακο)
- pediatrics** [N-UNCOUNT-U14] Pediatrics is a branch of medicine that focuses on children and their diseases. / παιδιατρική
- pelvic floor** [N-COUNT-U13] The pelvic floor is the area of muscles in the area below the waist, between the legs. / έδαφος της πυέλου
- pelvic pain** [N-UNCOUNT-U13] Pelvic pain is discomfort in the area below the waist, between the legs. / πυελαλγία
- PhD** [N-COUNT-U15] PhD stands for Doctor of Philosophy. It is a postgraduate degree which leads to a doctorate. / διδακτορικό (δίπλωμα)
- physics** [N-UNCOUNT-U15] Physics is the study of energy and matter. / φυσική (το μάθημα)
- physiology** [N-UNCOUNT-U15] Physiology is the study of the normal functions of living organisms and their parts. / φυσιολογία

- post-immobilization** [N-UNCOUNT-U2] Post-immobilization is the period following immobilization of a body part. / η περίοδος μετά από την ακινητοποίηση ενός μέλους του σώματος
- postoperative complication** [N-COUNT-U8] A postoperative complication is a problem that occurs after an operation that can hinder recovery. / μετεγχειρητική επιπλοκή
- postoperative management** [N-UNCOUNT-U8] Postoperative management consists of an examination and evaluation of the patient after an operation has been performed in order to assist in recovery. / μετεγχειρητική φροντίδα και παρακολούθηση
- postpartum** [ADV-ADJ-U13] Postpartum means after childbirth. It also means connected to the period after a woman gives birth. / μεταγεννητικός, μετά από τον τοκετό
- postural drainage** [N-UNCOUNT-U4] Postural drainage is a method of reducing swelling in the lungs and removing excess mucus. An example of postural drainage is clapping a hand on someone's back to help them cough up fluids. / βρογχική παροχέτευση
- potential** [ADJ-U10] A potential problem is one that is likely to occur in the future. / ενδεχόμενος, πιθανός
- pregnancy** [N-COUNT-U13] A pregnancy is when a female is expecting a baby. / κύηση, εγκυμοσύνη
- prenatal** [ADJ-U13] Prenatal refers to activities before a woman gives birth. / προγεννητικός, πριν από τον τοκετό
- preoperative management** [N-UNCOUNT-U8] Preoperative management is a meeting between patients and therapists or doctors to obtain a diagnostic workup, a preoperative evaluation, and provide information to prepare the patient for an operation before the operation occurs. / προεγχειρητική φροντίδα και παρακολούθηση
- pre-participation screening** [N-COUNT-U14] A pre-participation screening is the process of making sure a person meets certain health requirements before allowing them to join a sport or activity. / προαγωνιστικός αθλητικός έλεγχος
- prepatellar bursitis** [N-COUNT-U7] Prepatellar bursitis is an inflammation of the frontal bursa of the knee joint causing swelling and pain above the patella. / προεπιγονατιδική θυλακίτιδα
- prescription** [N-COUNT-U9] A prescription is an order for a specific medicine or treatment that a physician writes out for a patient. / συνταγή γιατρού
- preventative measure** [N-COUNT-U10] A preventative measure is action taken to address a specific problem in order to stop it from happening. / προληπτικό μέτρο
- primary prevention** [N-UNCOUNT-U10] Primary prevention is taking action to stop a specific problem from happening to a person or community at risk. / πρωτοβάθμια πρόληψη
- prolapse** [ADJ-U5] A prolapse is a rupture in a disk that causes the nuclear material of an intervertebral disk to leak into the vertebral canal. / πρόπτωση του μεσοσπονδύλιου δίσκου
- protrusion** [N-COUNT-U5] A protrusion is a change in the shape of tissue that causes it to bulge while remaining within its perimeter. / προβολή του μεσοσπονδύλιου δίσκου
- reconstruction** [N-COUNT-U8] A reconstruction is the act of restoring something to its previous state. / ανάνηση
- reduction** [N-COUNT or UNCOUNT-U10] A reduction is the process or result of decreasing something such as amount, size or significance. / περιορισμός, μείωση
- rehabilitation** [N-UNCOUNT-U14] Rehabilitation is the process of bringing something or someone back to good health or a more useful life. / αποκατάσταση
- remodeling** [N-UNCOUNT-U1] Remodeling is stretching scar tissue in order to align collagen fibers to let them go back to normal. / αναδιαμόρφωση
- remodeling phase** [N-COUNT-U2] A remodeling phase is the last phase of bone healing, which takes approximately three to five years, depending on age and health. At this stage, the fracture callus (tissue that forms over the site of fracture) takes on the bone's original shape and strength. / το στάδιο της αναδιαμόρφωσης ενός οστού
- repair** [V-T-U1] To repair is to fix or mend something that is damaged or hurt. / επανορθώνω, αποκαθιστώ
- reparative phase** [N-COUNT-U2] A reparative phase is the period after a fracture, in which cells form new tissue help restore the bone's strength. / το στάδιο της επανόρθωσης
- rheumatoid arthritis** [N-UNCOUNT-U2] Rheumatoid arthritis is a chronic, progressive autoimmune disease that may cause muscle pain, membrane inflammation, and cartilage destruction, as well as pain, stiffness, and swelling in the joints. / ρευματοειδής αρθρίτιδα
- ROM** [N-UNCOUNT-U2] ROM is the distance that a joint can move when it is flexed or extended. / εύρος κίνησης
- sciatic nerve** [N-COUNT-U7] The sciatic nerve is a major nerve that extends from the base of the spinal cord down the back of the thigh, dividing above the knee joint. / ισχιακό νεύρο
- secondary prevention** [N-UNCOUNT-U10] Secondary prevention is decreasing the length and severity of an illness. / δευτεροβάθμια πρόληψη
- Seddon classification system** [N-UNCOUNT-U3] The Seddon classification system is the recognition of three types of peripheral nerve damage, that is, damage to the nerve and surrounding connective tissue. The first is neurapraxia (Class I), which is a temporary interruption of nerve conduction. The second is axonotmesis (Class II), which causes some damage to the axon and covering myelin while preserving the nerve's framework. The third is neurotmesis (Class III), which causes a total severance of the nerve fiber. / σύστημα ταξινόμησης νευροπαθειών κατά Seddon
- severity** [N-UNCOUNT-U1] Severity is how bad something unpleasant is. / σοβαρότητα (τραύματος, ασθένειας κ.λπ.)
- shin splints** [N-PLURAL-U7] Shin splints are caused by a painful inflammation of the muscles surrounding the shin. The condition is common among runners. / περιostίτιδα κνήμης
- side effect** [N-COUNT-U9] A side effect is an unintended effect of a medication or drug. / παρενέργεια
- soft tissue** [N-UNCOUNT-U1] Soft tissue is the tissue that joins, supports or surrounds structures and organs in the body, which are not bones. / μαλακός ιστός

specialty [N-COUNT-U11] A specialty is a specific part of a broader subject about which a person knows a lot or has a lot of experience. / (ιατρική) ειδικότητα

spinal column [N-COUNT-U5] The spinal column is the series of articulated vertebrae that comprise the backbone. / σπονδυλική στήλη

sports medicine [N-UNCOUNT-U14] Sports medicine is a field of medicine relating to injuries incurred through sports. / αθλητική ιατρική, αθλητιατρική

subacute stage [N-UNCOUNT-U1] The subacute stage comes after the acute stage. It is when inflammation decreases and then disappears. There is still pain when the tissue is stressed and muscles may be weak. / υποξεία φάση

Sunderland classification system [N-UNCOUNT-U3] The Sunderland classification system expands Seddon's classification system into five categories. The first and second are the same as Seddon's. The third is nerve fiber interruption. Fourth-degree injury has the epineurium, or the external connective tissue sheath of a nerve trunk, intact, though surgery is still required. Fifth-degree injury results in a complete transection of the nerve, which requires surgical repair. / σύστημα ταξινόμησης νευροπαθειών κατά Sunderland

swan-neck deformity [N-COUNT-U6] Swan-neck deformity is a condition caused by problems with the tendons on the back of the hand resulting in the inability to straighten the finger. The middle joint of the finger is hyperextended while the joint at the tip of the finger remains bent. / παραμόρφωση τύπου του λαιμού κύκνου

tailor's bottom [N-COUNT-U7] Tailor's bottom is an inflammation of the bursa that lies between the bony swellings at the lower back part of the hip bone and the hamstring muscles. It often causes pain when sitting. Tailor's bottom is also called ischiogluteal bursitis. / ισchioγλουτιαία θυλακίτιδα

tendonitis [N-COUNT-U6] Tendonitis is a condition caused by inflammation in a tendon. / τενοντίτιδα

tennis elbow [N-COUNT-U6] Tennis elbow is a painful condition caused by inflammation of the exterior tendons of the elbow due to overuse of the lower arm muscles. Tennis elbow is also known as lateral epicondylitis. / επικονδυλίτιδα του έξω αγκώνα («αγκώνας του τενίστα»)

tertiary prevention [N-UNCOUNT-U10] Tertiary prevention is decreasing the extent of a disability and encouraging rehabilitation for people with chronic or irreversible illnesses. / τριτοβάθμια πρόληψη

test of provocation [N-COUNT-U3] A test of provocation is a medical experiment in which participants are exposed to a substance or a thing that creates a response, or are exposed to a fake substance that does not produce any response. A common example is an allergy test. / δοκιμή αντίδρασης του οργανισμού

thoracic [ADJ-U5] If a spine injury is thoracic, it is located in the twelve vertebrae that compose the middle section of the spine. / θωρακικός

tissue graft [N-COUNT-U8] A tissue graft is a surgical procedure that transplants tissue from one site to another to assist in reconstruction of ligaments or cartilage. / μεταμόσχευση ιστού

TOS [N-UNCOUNT-U3] TOS (thoracic outlet syndrome) is a rare condition that attacks the thoracic outlet, the area between the rib cage and collar bone, that causes pain in the neck and shoulders, numbness and tingling in the fingers, and a weak grip. / σύνδρομο θωρακικής εξόδου

traction [N-UNCOUNT-U2] Traction is tension, or a pulling force, that is exerted on a limb, particularly after a fracture, by means of a special device. / έλξη

trochanteric bursitis [N-COUNT-U7] Trochanteric bursitis is an inflammation of the bursa causing pain in the lateral hip and thigh as the tendon passes over the greater trochanter bone. / θυλακίτιδα τροχαντήρα

twisted [ADJ-U12] If an ankle is twisted, or sprained, it is dislocated or distorted. / με διάστρεμμα, στραμπουλημένος

urinary incontinence [N-COUNT-U13] Urinary incontinence is the inability to control the flow of urine. / ακράτεια ούρων

varicose vein [N-COUNT-U4] A varicose vein is a condition in which veins appear large, twisted, and very blue. They usually appear in the groin, legs, and ankles, and may sometimes cause discomfort and swelling. / φλεβίτιδα

vascular disorder [N-COUNT-U4] A vascular disorder is any abnormal condition that affects the circulatory system. Examples include blockages and aneurysms, which are abnormal bulges in the wall of a blood vessel. / αγγειακή πάθηση

venous disorder [N-COUNT-U4] A venous disorder is any condition that is caused by or related to veins becoming abnormal or diseased. / πάθηση των φλεβών

vertebra [N-COUNT-U5] A vertebra is one of a series of small bones that comprise the spinal column. / σπόνδυλος