

The Recovery

Shibika talks about how life changed once she was seriously injured.



Fred: So, Shibika, we've been talking about your accident and how this has changed your life and how you spent almost a month in bed, so how did that month in bed change your daily routine, like, did you experience any trouble brushing your teeth at night? Was it hard for you to eat? Was it hard for you to go to the bathroom? How was that?

Shibika: Right. Every bit of it. Every bit of it changed because, like you use your hands to do everything, you know, in your daily routine, from sleeping to eating to everything, so basically, yeah. Initially, it was really frustrating because for everything, even while getting up from bed, to going to the bathroom as you said, or eating by yourself, I needed help. I needed assistance.

But then I just tried to do it by myself because I didn't like to call my mom, or call somebody for every small pain to help me, so I tried to do it by myself or I used to use my left hand while doing it, so it was interesting and I

developed new hobbies because I had to be in bed the whole time so I couldn't really go out so I started reading. I picked up reading.

Fred: Really, what kind of hobbies?

Shibika: I used to read a lot and then I used to play video games a lot. I got really hooked after that, so I used to play video games and watch movies and stuff. Activities that did not require a lot of effort.

Fred: Could you eat regular food?

Shibika: Yeah. I could eat regular food, but I had to eat it from my left hand. I had to brush my teeth from the other hand. I couldn't really move one

hand completely. It was tied to a sling that was tied across my neck so, I couldn't move that hand at all, and if anything required both my hands, like if I had to wash my face or something I had

to ask my mom to do it for me.

Fred: So how long did it take you to heal?

Shibika: It took me a month and a half to actually be allowed... after a month and a half the plaster was opened and the sling was taken out and then I could actually move the hand. But after that, also the doctor advised me not to pick up any heavy luggage or not to put any strain on the hand.

Fred: So, still today do you still have any constraints from your accident?

Shibika: Not really constraints, but sometimes, like I can not go to the gym and I can't exercise the hands, or sometimes I forget that that hand was injured so I can't really put a lot of weight on that hand still.

Fred: I'm really glad that you're healthier now and that you can start living your life normally.

Shibika: Thank you, Fred. Thank you, so much.



Comprehension Page

Main Points: Answer the following questions about the interview.

- | | |
|--------------------------------|-------------------------------|
| 1) How much changed for her? | 3) How did she wash her face? |
| a) Everything | a) With one hand |
| b) Only some things | b) With both hands |
| c) Nothing | c) With her mother's help |
| 2) What did she get hooked on? | 4) What was she unable to do? |
| a) Crossword puzzles | a) Gain weight |
| b) Video games | b) Ride a bike |
| c) Movies | c) Go to the gym |
-

Phrase Match: Match the phrases on the left with the example on the right.

- | | |
|----------------------------|--|
| 1. constraints | ___ unable to do things naturally |
| 2. every bit of it | ___ a piece of cloth that holds your arm |
| 3. hooked | ___ addicted |
| 4. require a lot of effort | ___ everything |
| 5. a sling | ___ have to work hard |
-

Unscramble: Put the mixed up sentences in the correct order.

1. brushing your teeth | at night | experience | any trouble | did you |?
-

2. what | pick up | kind of hobbies | did you |?
-

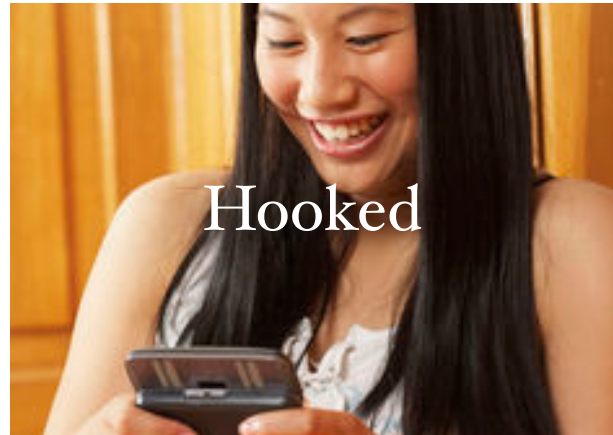
3. able to | regular food | eat | were you |?
-

4. to heal | did it take you | time | how much |?
-

Discussion: Can you remember how Shibika answered the above questions?

Summary









Bits and Pieces

Put the PHRASES in the spaces
(Some will be used more than once)

I'm really glad
you use your
I can not
I needed
It took me
But then I
I had to
because I had
I could
I got really



Fred: So, Shibika, we've been talking about your accident and how this has changed your life and how you spent almost a month in bed, so how did that month in bed change your daily routine, like, did you experience any trouble brushing your teeth at night? Was it hard for you to eat? Was it hard for you to go to the bathroom? What? How was that?

Shibika: Right. Every bit of it. Every bit of it changed because, like _____ hands to do everything, you know, in your daily routine, from sleeping to eating to everything, so basically, yeah, and it was initially, it was really frustrating because for everything, even while getting up from bed, to going to the bathroom as you said, or eating by yourself, _____ help. I needed assistance.

_____ just tried to do it by myself because I didn't like to call my mom, or call somebody for every small pain you know, to help me, so I tried to do it by myself or I used to use my left hand while doing it, so it was interesting, rather and I developed new hobbies _____ to be in bed the whole time so I couldn't really go out so I started reading. I picked up reading.

Fred: Really, what kind of hobbies?

Shibika: Yeah, exactly, like reading. I used to read a lot and then I used to play video games a lot. _____ hooked after that, so I used to play video games and watch movies and stuff. Activities that did not require a lot of effort.

Fred: So, on a daily routine, so for, could you eat your food at the same time, like breakfast, lunch, dinner? Could you eat regular food?

Shibika: Yeah. _____ eat regular, but I had to eat it from my left hand. _____ brush my teeth from the other hand, and like anything, I couldn't really move one hand completely. It was tied to a sling that was tied across my neck so, I couldn't move that hand at all, and if anything required both my hands, like if I had to wash my face or something I had to ask my mom to do it for me.

Fred: So how long did it take you to heal?

Shibika: _____ a month and a half to actually be you know allowed... after a month and a half the plaster was opened and the sling was taken out and then I could actually move the hand. But after that, also the doctor advised me not to pick up any heavy luggage or not to put any strain on the hand.

Fred: So, still today do you still have any constraints from your accident?

Shibika: Not really constraints, but sometimes, like _____ go to the gym and I can't exercise the hands, or sometimes I forget that that hand was injured so I can't really put a lot of weight on that hand still.

Fred: _____ that you're healthier now and that you can start living your life normally.

Shibika: Thank you, Fred. Thank you, so much.



Comprehension Page: ANSWER KEY

Main Points: Answer the following questions about the interview.

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|--|---|
| 1) How much changed for her?
a) Everything
b) Only some things
c) Nothing | 3) How did she wash her face?
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b) With both hands
c) With her mother's help |
| 2) What did she get hooked on?
a) Crossword puzzles
b) Video games
c) Movies | 4) What was she unable to do?
a) Gain weight
b) Ride a bike
c) Go to the gym |

Phrase Match: Match the phrases on the left with the example on the right.

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|----------------------------|---|
| 1. constraints | 1 unable to do things naturally |
| 2. every bit | 5 a piece of cloth that holds your arm |
| 3. hooked | 3 addicted |
| 4. require a lot of effort | 2 all |
| 5. a sling | 4 have to work hard |

Unscramble: Put the mixed up sentences in the correct order.

Sometimes more than one answer is possible.

- brushing your teeth | at night | experience | any trouble | did you | ?
Did you experience any trouble brushing your teeth at night?
- what | pick up | kind of hobbies | did you | ?
What kind of hobbies did you pick up?
- able to | regular food | eat | were you | ?
Were you able to eat regular food?
- to heal | did it take you | time | how much | ?
How much time did it take you to heal?

Discussion: Can you remember how Shibika answered the above questions?

Bits and Pieces: ANSWER KEY

Put the PHRASES in the spaces
(Some will be used more than once)

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you use your
I can not
I needed
It took me
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