

back pain 背痛 → 都有明确的生理原因

1. 听力词组

2. Back pain is a massive problem which is badly treated

Doctors used to think that /back pain was almost entirely the result of *mechanical damage to tissue* beyond the capacity of X-rays to detect.

The advent of MRI scans showed (v.) this was not true. A definitive (a.)最后的；决定性的；不可更改的 physical cause 物理原因 — such as a fracture, a tumour 肿瘤；肿块, pressure on a nerve, infection or arthritis 关节炎 — is found in 5-15% of people with back pain.

The rest 剩余部分；残留；其余 is all labelled (v.)贴标签于；用标签标明 as “non-specific” 不明确的；非特定的；泛泛的；不止一种病因的；有多种致病可能的, and there is increasing evidence that it is not mechanical in origin.

医生们过去认为，背部疼痛几乎完全是组织受到机械损伤的结果，超出了x光检测的能力。核磁共振扫描的出现，表明事实并非如此。5-15%的背痛患者，都有明确的生理原因，如骨折、肿瘤、神经压迫、感染或关节炎。其余的都被贴上了“非单一原因导致的”的标签，而且越来越多的证据表明，机械损伤并非是其病因。

Example 1. 标题

mechanical damage :

机械损伤. 是指人体同某种致伤物接触，因机械运动作用，所造成的机体正常组织的破坏，或器官的机能性障碍。可分为钝器伤、锐器伤、枪弹伤、火器伤等类。机械性损伤的基本征象有：表皮剥脱、皮下出血、创伤、骨折、内脏破裂、肢体断离，六种。

non-specific :

1. not definite or clearly defined; general 不明确的；非特定的；泛泛的

- The candidate's speech was non-specific. 这位候选人的讲话只是泛泛之谈。

Some sufferers catastrophise (v.)小题大做，把事情复杂化 the news into the idea /that they have a broken, fragile back and start (v.) avoiding normal physical activity — not least 特别；尤其, says Ms Knight of St Thomas', because doctors often fail to explain to them *that* /abnormalities (n.)身体、行为等不正常，反常 are, in fact, quite normal, *and that* degeneration 蜕化；衰退 can basically 总的说来；从根本上说 be *wear and tear* 损耗.

exercise daily; **accept** flare-ups (n.)疾病突发；（尤指）复发 **as** temporary setbacks (n.)挫折；阻碍; don't get **fixated (a.) on** (对...) 异常依恋，固恋 the pain.

The programme, explains Ms Knight, aims (v.) **not** to reduce (v.) pain **so much as** to add to life. (与其说是A, 倒不如说是B)

In a typical class of ten people, Ms Knight says, one or two decide that /the approach (待人接物或思考问题的) 方式, 方法, 态度 is not what they want, and may drop out 不再参加; 退出; 脱离. Most of them **take away** 拿走, 带走, 取走 at least some skills /which add to their quality of life. One or two, like Mr Moore, find the programme life-changing (a.)改变人生的.

一些患者将他们的从扫描中看到的信息, 小题大做, 以为他们有了一个骨折的, 脆弱的背部, 并开始避免正常的身体活动, 尤其是, 因为医生经常未能向他们解释, 这种异常, 实际上是很正常的, 身体机能的退化, 基本上源于年龄所导致的身体器官的磨损。而你如果不活动的话, 带来的肌肉僵硬和身体虚弱, 反而往往会令情况变得更糟。

每天锻炼; 将突发的疾病, 视为是暂时的挫折; 不要专注于疼痛。奈特女士解释说, 这个项目的目的, 与其说是减轻病痛, 不如说是为了增加生命的质量。

在一个典型的有十人的班级里, 会有一两个病友认为这种方式不是他们想要的, 而可能退出。但班里的大多数人, 至少会学到一些机能, 能给他们的生活质量带来提高。班里会有一两个人, 就像摩尔先生一样, 会发现这个项目能改变他们的人生。

Example 2. 标题 wear and tear

损耗, 磨损

not A so much as B / not so much A as B :

与其说A, 倒不如说B / 是B, 而不是A. 即, 轻前, 重后

A和B是两个被比较的平行结构, 如同为介词短语、动词不定式、名词短语或其他平行结构。

- Science moves forward, they say, not so much through the insights of great men of genius as because of more ordinary things like improved techniques and tools. 他们说, 科学的发展与其说源于天才伟人的真知灼见, 不如说源于改进了的技术和工具等更为普通的东西。

- The great use of a school education is not so much to teach you things as to teach you the art of learning. 学校教育的伟大作用不在于教会你多少东西, 而在于教会你学习的技巧。

3. <pure> Back pain is a massive problem which is badly treated

Doctors used to think that back pain was almost entirely the result of mechanical damage to tissue beyond the capacity of X-rays to detect. The advent of MRI scans showed this was not true. A definitive physical cause — such as a fracture, a tumour, pressure on a nerve, infection or arthritis — is found in 5-15% of people with back pain. The rest is all labelled as “non-specific” , and there is increasing evidence that it is not mechanical in origin.

Some sufferers catastrophise the news into the idea that they have a broken, fragile back and start avoiding normal physical activity — not least, says Ms Knight of St Thomas’ , because doctors often fail to explain to them that abnormalities are, in fact, quite normal, and that degeneration can basically be wear and tear.

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