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Level 1 – 16th July 2026

Knee surgery may do more harm than good

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

Thousands of people have knee surgery. A new study says many surgeries might be a waste of money. Some knee surgery can make knee problems worse, not better. The researchers spent 10 years studying knee operations. They found that surgery on knee cartilage rarely worked. They added that some operations increased cartilage damage. One doctor said that patients who have this operation can "have more pain".

In happier knee news, doctors in the USA have found a new way to help long-term knee pain. One doctor has performed simple operations that lower the flow of blood to painful areas in the knee. This lowers swelling and pain. The doctor says her method is better than drugs and therapy. She also thinks people can avoid knee surgery. She said her method could "provide years of relief". She added that 70 per cent of patients have great results.

Sources: <https://www.sciencedaily.com/releases/2026/06/260622091502.htm>
<https://scitechdaily.com/this-tiny-bead-procedure-is-helping-patients-avoid-knee-replacement/>
<https://www.aol.com/articles/common-knee-surgery-may-more-090018699.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|-------------------|
| 1. Thousands of people have | a. damage |
| 2. surgeries might be a waste | b. problems worse |
| 3. surgery can make knee | c. studying |
| 4. researchers spent 10 years | d. pain |
| 5. surgery on knee cartilage rarely | e. knee surgery |
| 6. cartilage | f. operation |
| 7. patients who have this | g. of money |
| 8. have more | h. worked |

PARAGRAPH TWO:

- | | |
|------------------------------------|-----------------------|
| 1. happier knee | a. of blood |
| 2. a new way | b. operations |
| 3. long-term knee | c. have great results |
| 4. One doctor has performed simple | d. news |
| 5. lower the flow | e. therapy |
| 6. painful areas in | f. to help |
| 7. better than drugs and | g. the knee |
| 8. 70 per cent of patients | h. pain |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

(1) _____ have knee surgery. A new study says many surgeries might be a (2) _____. Some knee surgery can make (3) _____, not better. The researchers spent 10 years studying knee operations. They (4) _____ on knee cartilage rarely worked. They added that some operations (5) _____. One doctor said that patients who have this operation can "(6) _____".

In (7) _____, doctors in the USA have found a new way to (8) _____ knee pain. One doctor has performed simple operations that (9) _____ of blood to painful areas in the knee. This lowers swelling and pain. The doctor (10) _____ is better than drugs and therapy. She also thinks people can (11) _____. She said her method could "provide (12) _____". She added that 70 per cent of patients have great results.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

Thousands of people have knee surgery. A new study says many surgeries might be a waste of money. Some knee surgery can make knee problem worse, not better. The researchers spent 10 years studying knee operations. They found that surgery on knee cartilage rarely worked. They added that some operations increased cartilage damage. One doctor said that patients who have this operation can "have more pain". In happier news, doctors in the USA have found a new way to help long-term knee pain. One doctor has performed simple operations that lower the flow of blood to painful areas in the knee. This lowers swelling and pain. The doctor says her method is better than drugs and therapy. She also thinks people can avoid knee surgery. She said her method could "provide years of relief". She added that 70 percent of patients have great results.

SURGERY SURVEY

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-4.html>

Write five GOOD questions about surgery in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <https://breakingnewsenglish.com/2607/260716-knee-surgery-1.html>

Write about **surgery** for 10 minutes. Read and talk about your partner's paper.

[illegible]