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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Hundreds of thousands of people have surgery on their knees. A new study from Finland says many of these people might be wasting their time and money. The surgeons who conducted the study said some knee surgery can make knee problems worse rather than better. The surgeons spent 10 years studying the results of knee operations. They found that surgery on tears in the knee cartilage rarely worked. The doctors said many of the operations were unnecessary. They added that some of the operations they looked at accelerated the rate of cartilage damage. One doctor said: "What has been shown dramatically is that patients who have this procedure have more pain."

In happier knee-related news, doctors from the University of Colorado have discovered a new method to treat chronic knee pain. Dr Leigh Casadaban has performed simple operations on people's knees. Her method involves reducing the flow of blood to pain-causing areas in the knee. Less blood in those areas reduces swelling and pain. Dr Casadaban says her method is more effective than painkilling medicine and physical therapy. She also believes it means people can avoid knee surgery, even total knee replacements. She said her method could "provide years of relief" by reducing pain inside the knee joint. She said 70 per cent of patients have amazing 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>

WARM-UPS

1. SURGERY: Students walk around the class and talk to other students about surgery. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

thousands / surgery / knees / wasting time / cartilage / damage / patients / pain / news / doctors / blood flow / swelling / medicine / physical therapy / relief / joints

Have a chat about the topics you liked. Change topics and partners frequently.

3. SURGEONS: Students A **strongly** believe surgeons have the most important job in the world; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. OPERATIONS: What do you know about these operations? What do you want to know? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	What I Want to Know
Knee replacement		
Heart transplant		
Hernia repair		
Appendix removal		
Cosmetic surgery		
Skin grafts		

5. KNEE: Spend one minute writing down all of the different words you associate with the word "knee". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. DOCTORS: Rank these with your partner. Put the most important doctors at the top. Change partners often and share your rankings.

- Pediatrician
- Cardiologist
- Dermatologist
- Neurologist
- Psychiatrist
- Obstetrician
- General Practitioner
- Radiologist

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. wasting time | a. Actions when doctors cut the body open to help fix a problem. |
| 2. surgeons | b. Done or carried out. |
| 3. conducted | c. Doctors who do operations. |
| 4. tears (verb) | d. Made something happen faster. |
| 5. operations | e. Doing something that is not useful. |
| 6. cartilage | f. Pulls apart or makes a hole in something. |
| 7. accelerated | g. The smooth, soft tissue between bones in a joint. |

Paragraph 2

- | | |
|------------------|--|
| 8. discovered | h. Lasting for a long time. |
| 9. method | i. A feeling of less pain or less discomfort. |
| 10. treat (verb) | j. When a part of the body becomes bigger and full of water or blood because of injury or illness. |
| 11. chronic | k. A way of doing something. |
| 12. swelling | l. The place where two bones meet and move, like in a knee, ankle, hip, shoulder, finger, etc. |
| 13. relief | m. Found for the first time. |
| 14. joint (noun) | n. Give medical care to help someone get better. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says thousands of people have surgery while on their knees. **T / F**
2. Some doctors said some knee operations are a waste of money. **T / F**
3. Doctors need to spend 10 years studying before doing knee surgery. **T / F**
4. The researchers looked at cartilage damage. **T / F**
5. A new method can help treat long-term pain. **T / F**
6. The new method limits how much blood goes to a painful area. **T / F**
7. The new method means people can avoid having a knee replacement. **T / F**
8. The new method could provide pain relief for months. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. surgery | a. long-term |
| 2. conducted | b. method |
| 3. tears | c. lowering |
| 4. accelerated | d. carried out |
| 5. procedure | e. movement |
| 6. chronic | f. rips |
| 7. flow | g. drugs |
| 8. medicine | h. an operation |
| 9. avoid | i. keep away from |
| 10. reducing | j. increased |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------|
| 1. Hundreds of | a. of blood |
| 2. many of these people might be | b. worked |
| 3. some knee surgery can make knee | c. wasting their time |
| 4. surgery on tears in the knee cartilage rarely | d. knee pain |
| 5. accelerated the rate of cartilage | e. medicine |
| 6. a new method to treat chronic | f. problems worse |
| 7. reducing the flow | g. of relief |
| 8. Less blood in those areas reduces swelling | h. thousands of people |
| 9. painkilling | i. and pain |
| 10. her method could provide years | j. damage |

GAP FILL

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

Hundreds of thousands of people have surgery on their knees. A new (1) _____ from Finland says many of these people might be (2) _____ their time and money. The surgeons who conducted the study said some knee surgery can make knee problems (3) _____ rather than better. The surgeons spent 10 years studying the (4) _____ of knee operations. They found that surgery on tears in the knee (5) _____ rarely worked. The doctors said many of the operations were (6) _____. They added that some of the operations they looked at accelerated the (7) _____ of cartilage damage. One doctor said: "What has been shown dramatically is that patients who have this procedure have more (8) _____."

unnecessary

study

cartilage

pain

worse

wasting

rate

results

In happier knee-(9) _____ news, doctors from the University of Colorado have discovered a new method to (10) _____ chronic knee pain. Dr Leigh Casadaban has performed simple operations on people's knees. Her (11) _____ involves reducing the flow of blood to pain-causing areas in the knee. Less (12) _____ in those areas reduces swelling and pain. Dr Casadaban says her method is more (13) _____ than painkilling medicine and physical therapy. She also believes it means people can (14) _____ knee surgery, even total knee replacements. She said her method could "provide years of (15) _____" by reducing pain inside the knee joint. She said 70 per cent of patients have amazing (16) _____.

avoid

treat

blood

results

related

relief

effective

method

LISTENING – Guess the answers. Listen to check.

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

- 1) Hundreds of thousands of people have surgery _____
 - a. on them knees
 - b. on there knees
 - c. on their knees
 - d. on their kneels
- 2) A new study from Finland says many of these people might be _____
 - a. wasting a time
 - b. wasting their time
 - c. wasting that time
 - d. wasting their timed
- 3) some knee surgery can make knee problems worse _____
 - a. rather than bettering
 - b. rather than bettered
 - c. rather than best
 - d. rather than better
- 4) They found that surgery on tears in the knee _____
 - a. cartilage rarely work
 - b. cartilage rarely working
 - c. cartilage rarely worked
 - d. cartilage rare worked
- 5) They added that some of the operations they looked at accelerated the rate _____
 - a. off cartilage damage
 - b. of cartridge damage
 - c. of cartilage damaged
 - d. of cartilage damage
- 6) the University of Colorado have discovered a new method to treat _____
 - a. chronic kneed pain
 - b. chronic kneel pain
 - c. chronic knee pain
 - d. chronic knees pain
- 7) Her method involves reducing the flow of blood to _____
 - a. pain-causing area
 - b. pain-causing areas
 - c. pain-causing arenas
 - d. pain-causing auras
- 8) her method is more effective than painkilling medicine _____
 - a. and physical therapy
 - b. end physical therapy
 - c. and physically therapy
 - d. and physical therapist
- 9) She said her method could provide _____
 - a. years off relieve
 - b. year of relief
 - c. years of relief
 - d. years of relieve
- 10) She said 70 per cent of patients _____
 - a. have amazed results
 - b. have amazing results
 - c. have a maze in results
 - d. have amazing result

LISTENING – Listen and fill in the gaps

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

(1) _____ of people have surgery on their knees. A new study from Finland says many of these people might (2) _____ time and money. The surgeons who conducted the study said some knee surgery can make knee problems worse (3) _____. The surgeons spent 10 years studying the results of knee operations. They found that surgery (4) _____ the knee cartilage rarely worked. The doctors said many of the operations were unnecessary. They added that some of the operations they looked (5) _____ rate of cartilage damage. One doctor said: "What has been shown dramatically is that patients who have (6) _____ more pain."

In happier (7) _____, doctors from the University of Colorado have discovered a new method (8) _____ knee pain. Dr Leigh Casadaban has performed simple operations on people's knees. Her method involves reducing the (9) _____ to pain-causing areas in the knee. Less blood in those areas reduces swelling and pain. Dr Casadaban says (10) _____ more effective than painkilling medicine and physical therapy. She also believes it means people can avoid knee surgery, even total knee replacements. She said her method could "(11) _____ relief" by reducing pain inside the knee joint. She said 70 per cent of patients (12) _____.

COMPREHENSION QUESTIONS

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

1. How many people have surgery on their knees?
2. What country is the research study from?
3. How long did doctors spend looking at knee operations?
4. What did doctors say about surgery on tears in the knee cartilage?
5. What did doctors say happened to the rate of cartilage damage?
6. Where is there happier knee-related news from?
7. What does a new method reduce the flow of to painful areas?
8. What does less blood reduce?
9. What could the new surgery help people to avoid?
10. What percentage of patients had 'amazing results' with the new method?

MULTIPLE CHOICE - QUIZ

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

- 1) How many people have surgery on their knees?
 - a) hundreds and thousand
 - b) hundreds of thousands
 - c) one hundred thousand
 - d) thousands and thousands
- 2) What country is the research study from?
 - a) Denmark
 - b) Norway
 - c) Sweden
 - d) Finland
- 3) How long did doctors spend looking at knee operations?
 - a) 10 years
 - b) 12 years
 - c) 15 years
 - d) 20 years
- 4) What did doctors say about surgery on tears in the knee cartilage?
 - a) It was painful.
 - b) It was risky.
 - c) It rarely worked.
 - d) It was easy to do.
- 5) What did doctors say happened to the rate of cartilage damage?
 - a) It slowed down.
 - b) It accelerated.
 - c) Nothing
 - d) It went up and down.
- 6) Where is there happier knee-related news from?
 - a) the University of Colorado
 - b) the Knee University
 - c) Wounded Knee Creek, South Dakota
 - d) a journal about knees
- 7) What does a new method reduce the flow of to painful areas?
 - a) energy
 - b) cells
 - c) blood
 - d) electricity
- 8) What does less blood reduce?
 - a) swelling and pain
 - b) costs
 - c) redness
 - d) veins
- 9) What could the new surgery help people to avoid?
 - a) total knee replacements
 - b) wheelchairs
 - c) running
 - d) medicine
- 10) What percentage of patients had 'amazing results' with the new method?
 - a) 40%
 - b) 50%
 - c) 60%
 - d) 70%

ROLE PLAY

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

Role A – Pediatrician

You think a pediatrician is the most important doctor. Tell the others three reasons why. Tell them why their doctors aren't as important. Also, tell the others which is the least important of these (and why): dermatologist, psychiatrist or obstetrician.

Role B – Dermatologist

You think a dermatologist is the most important doctor. Tell the others three reasons why. Tell them why their doctors aren't as important. Also, tell the others which is the least important of these (and why): pediatrician, psychiatrist or obstetrician.

Role C – Psychiatrist

You think a psychiatrist is the most important doctor. Tell the others three reasons why. Tell them why their doctors aren't as important. Also, tell the others which is the least important of these (and why): dermatologist, pediatrician or obstetrician.

Role D – Obstetrician

You think an obstetrician is the most important doctor. Tell the others three reasons why. Tell them why their doctors aren't as important. Also, tell the others which is the least important of these (and why): dermatologist, psychiatrist or pediatrician.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'knee' and 'surgery'.

knee	surgery

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• hundreds • time • spent • rarely • looked • shown	• happier • simple • less • medicine • relief • 70
---	--

SURGERY SURVEY

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

KNEES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'knee'?
3. Have you ever had surgery?
4. What problems can people have with their knees?
5. Why are knees important?
6. Would you like to be a surgeon?
7. What do you know about the knee?
8. What do you think of the idea of having surgery?
9. How beautiful do you think knees are?
10. What advice would you give someone having knee surgery?

Knee surgery may do more harm than good – 16th July 2026
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KNEES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'surgery'?
13. What do you think about what you read?
14. Have you ever had knee problems
15. Do you know anyone who have knee problems?
16. Do you ever have pain in your knees?
17. What do you think of total knee replacements?
18. What activities can be difficult with bad knees?
19. How often do you kneel?
20. What questions would you like to ask the doctors?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Hundreds of thousands of people have surgery (1) _____ their knees. A new study from Finland says many of these people might be (2) _____ their time and money. The surgeons who conducted the study said some knee surgery can make knee problems (3) _____ rather than better. The surgeons spent 10 years studying the results of knee operations. They found that surgery on (4) _____ in the knee cartilage rarely worked. The doctors said many of the operations were unnecessary. They added (5) _____ some of the operations they looked at accelerated the rate of cartilage damage. One doctor said: "What has been shown dramatically is that (6) _____ who have this procedure have more pain."

In happier knee-related news, doctors from the University of Colorado have discovered a new method to (7) _____ chronic knee pain. Dr Leigh Casadaban has performed simple operations on people's knees. Her method involves reducing the flow (8) _____ blood to pain-causing areas in the knee. Less blood in those areas reduces swelling and pain. Dr Casadaban says her method is more (9) _____ than painkilling medicine and physical therapy. She also believes it means people can (10) _____ knee surgery, even total knee replacements. She said her method could "provide (11) _____ of relief" by reducing pain inside the knee joint. She said 70 per cent of patients have (12) _____ results.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|---------------|--------------|---------------|
| 1. | (a) to | (b) on | (c) at | (d) in |
| 2. | (a) waste | (b) wastes | (c) wasted | (d) wasting |
| 3. | (a) worsening | (b) worse | (c) worsens | (d) worst |
| 4. | (a) fears | (b) gears | (c) tears | (d) rears |
| 5. | (a) that | (b) this | (c) what | (d) while |
| 6. | (a) patients | (b) patient | (c) patience | (d) patiently |
| 7. | (a) threat | (b) treaty | (c) threaten | (d) treat |
| 8. | (a) of | (b) at | (c) by | (d) as |
| 9. | (a) affective | (b) effective | (c) effect | (d) affect |
| 10. | (a) present | (b) mark | (c) avoid | (d) scratch |
| 11. | (a) yearly | (b) year | (c) years | (d) yearn |
| 12. | (a) amazingly | (b) amazing | (c) amazes | (d) amaze |

SPELLING

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

Paragraph 1

1. people might be awtisgn their time
2. ursgoesn who conducted the study
3. studying the results of knee repntaosio
4. many of the operations were srecnyuanes
5. Itcderaaeec the rate of cartilage damage
6. have this prudeorce

Paragraph 2

7. a new method to treat ccornhi knee pain
8. Her oemhtd involves reducing the flow
9. Less blood in those areas reduces wslnelig
10. her method is more ceiftfeve
11. physical hpeayrt
12. reducing pain inside the knee ojnti

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () at accelerated the rate of cartilage damage. One doctor said: "What has been shown
- () avoid knee surgery, even total knee replacements. She said her method could "provide years of
- () blood in those areas reduces swelling and pain. Dr Casadaban says her method is more
- () dramatically is that patients who have this procedure have more pain."
- () effective than painkilling medicine and physical therapy. She also believes it means people can
- (**1**) Hundreds of thousands of people have surgery on their knees. A new study from Finland says many of these
- () In happier knee-related news, doctors from the University of Colorado have discovered a new
- () knees. Her method involves reducing the flow of blood to pain-causing areas in the knee. Less
- () method to treat chronic knee pain. Dr Leigh Casadaban has performed simple operations on people's
- () of knee operations. They found that surgery on tears in the knee cartilage rarely
- () people might be wasting their time and money. The surgeons who conducted the study said some knee
- () relief" by reducing pain inside the knee joint. She said 70 per cent of patients have amazing results.
- () surgery can make knee problems worse rather than better. The surgeons spent 10 years studying the results
- () worked. The doctors said many of the operations were unnecessary. They added that some of the operations they looked

PUT THE WORDS IN THE RIGHT ORDER

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

1. have knees of on people surgery their Thousands .
2. be Many might people their time wasting .
3. can knee knee make problems Some surgery worse .
4. cartilage in on rarely Surgery tears the worked .
5. have have more pain Patients procedure this who .
6. A chronic knee method new pain to treat .
7. blood flow Her involves method of reducing the .
8. areas blood in Less reduces swelling those .
9. avoid can It knee means people surgery .
10. could Her method of provide relief years .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Hundreds of thousands of people have surgery *on / in* their knees. A new study from Finland says many of these people might be wasting their *times / time* and money. The surgeons who *conduction / conducted* the study said some knee surgery can make knee problems *worse / worst* rather than better. The surgeons spent 10 years studying the results *of / at* knee operations. They found that surgery *on tear / tears* in the knee cartilage *rare / rarely* worked. The doctors said many of the operations were *unnecessarily / unnecessary*. They added that some of the operations they looked at accelerated the *rate / late* of cartilage damage. One doctor said: "What has been shown dramatically is that patients who have this procedure have more pain / painful."

In happier knee-related news, doctors from the University of Colorado have *discovered / discovering* a new method to *treat / treatment* chronic knee pain. Dr Leigh Casadaban has performed *simply / simple* operations on people's knees. Her method involves *reducing / reduce* the flow of blood to pain-causing *areas / area* in the knee. Less blood in *them / those* areas reduces swelling and pain. Dr Casadaban says her method is more effective *than / that* painkilling medicine and physical therapy. She also believes it means people can avoid knee surgery, *ever / even* total knee replacements. She said her method could "provide years *of / to* relief" by reducing pain inside the knee *joint / jointly*. She said 70 per cent of patients have amazing results.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

H_andr_ds _f th__s_nds _f p__pl_ h_v_ s_rg_ry _n th__r kn__s. _ n_w st_dy fr_m F_nl_nd s_ys m_ny _f th_s_ p__pl_ m_ght b_ w_st_ng th__r t_m_ _nd m_n_y. Th_ s_rg__ns wh_ c_nd_ct_d th_ st_dy s__d s_m_ kn__ s_rg_ry c_n m_k_ kn__ pr_bl_ms w_rs_ r_th_r th_n b_tt_r. Th_ s_rg__ns sp_nt 10 y__rs st_dy_ng th_ r_s_lts _f kn__ _p_r_t__ns. Th_y f__nd th_t s_rg_ry _n t__rs _n th_ kn__ c_rt_l_g_ r_r_ly w_rk_d. Th_ d_ct_rs s__d m_ny _f th_ _p_r_t__ns w_r_ _nn_c_ss_ry. Th_y _dd_d th_t s_m_ _f th_ _p_r_t__ns th_y l__k_d _t _cc_l_r_t_d th_ r_t_ _f c_rt_l_g_ d_m_g_. _n_ d_ct_r s__d: "Wh_t h_s b__n sh_wn dr_m_t_c_lly _s th_t p_t__nts wh_ h_v_ th_s pr_c_d_r_ h_v_ m_r_ p__n."

_n h_pp__r kn__-r_l_t_d n_ws, d_ct_rs fr_m th_ _n_v_rs_ty _f C_l_r_d_ h_v_ d_sc_v_r_d _ n_w m_th_d t_ tr__t chr_n_c kn__ p__n. Dr L__gh C_s_d_b_n h_s p_rf_rm_d s_mpl_ _p_r_t__ns _n p__pl_'s kn__s. H_r m_th_d _nv_lv_s r_d_c_ng th_ fl_w _f bl__d t_ p__n-c__s_ng _r__s _n th_ kn__. L_ss bl__d _n th_s_ _r__s r_d_c_s sw_ll_ng _nd p__n. Dr C_s_d_b_n s_ys h_r m_th_d _s m_r_ _ff_ct_v_ th_n p__nk_ll_ng m_d_c_n_ _nd phys_c_l th_r_py. Sh_ _ls_ b_l__v_s _t m__ns p__pl_ c_n _v__d kn__ s_rg_ry, _v_n t_t_l kn__ r_pl_c_m_nts. Sh_ s__d h_r m_th_d c__ld "pr_v_d_y__rs _f r_l__f" by r_d_c_ng p__n _ns_d_ th_ kn__ j__nt. Sh_ s__d 70 p_r c_nt _f p_t__nts h_v_ _m_z_ng r_s_lts.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

hundreds of thousands of people have surgery on their knees a new study from finland says many of these people might be wasting their time and money the surgeons who conducted the study said some knee surgery can make knee problems worse rather than better the surgeons spent 10 years studying the results of knee operations they found that surgery on tears in the knee cartilage rarely worked the doctors said many of the operations were unnecessary they added that some of the operations they looked at accelerated the rate of cartilage damage one doctor said what has been shown dramatically is that patients who have this procedure have more pain in happier kneerelated news doctors from the university of colorado have discovered a new method to treat chronic knee pain dr leigh casadaban has performed simple operations on peoples knees her method involves reducing the flow of blood to paincausing areas in the knee less blood in those areas reduces swelling and pain dr casadaban says her method is more effective than painkilling medicine and physical therapy she also believes it means people can avoid knee surgery even total knee replacements she said her method could provide years of relief by reducing pain inside the knee joint she said 70 per cent of patients have amazing results

PUT A SLASH (/) WHERE THE SPACES ARE

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

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DrLeighCasadabanhasperformedsimpleoperationsonpeople'sknees
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caltherapy.Shealsobelievesitmeanspeoplecanavoidkneesurgery,ev
entotalkneereplacements.Shesaidhermethodcould"provideyearsofr
elief"byreducingpaininsidethekneejoint.Shesaid70percentofpatient
shaveamazingresults.

FREE WRITING

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

Write about **surgery** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

We all need to exercise to keep our body strong to avoid surgery. Discuss.

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SURGERY: Make a poster about surgery. Show your work to your classmates in the next lesson. Did you all have similar things?

4. NEW BODIES: Write a magazine article about doctors being able to replace all of our body parts. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on surgery. Ask him/her three questions about surgery. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. h	2. d	3. f	4. j	5. b
6. a	7. e	8. g	9. i	10. c

COMPREHENSION QUESTIONS (p.9)

- Hundreds of thousands
- Finland
- Ten years
- It rarely worked.
- It accelerated.
- The University of Colorado
- Blood
- Swelling and pain
- Total knee replacements
- Seventy per cent

WORDS IN THE RIGHT ORDER (p.19)

- Thousands of people have surgery on their knees.
- Many people might be wasting their time.
- Some knee surgery can make knee problems worse.
- Surgery on tears in the cartilage rarely worked.
- Patients who have this procedure have more pain.
- A new method to treat chronic knee pain.
- Her method involves reducing the flow of blood.
- Less blood in those areas reduces swelling.
- It means people can avoid knee surgery.
- Her method could provide years of relief.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)