

Rambling

With an increase in the popularity of outdoor sports – six million Nordic walkers daily, if the statistics are to be believed – there is also a marked increase in injuries associated with rambling over rough terrain.

It's recommended to attend a course before using Nordic walking sticks. In a good Nordic walking course, the trainer not only provides instruction on the correct use of the sticks but also on the right walking gear. However, in reality most people buy discount sticks and off they go! The resulting injuries range from light sprains and hyperextension to muscle fibre tears, tendon damage, abrasions and even fractures. Beginners are especially prone to injuries – injuries which could have

been avoided by using the right technique and a little bit of common sense. It's another reason for carrying a small first aid kit in your backpack. Just to be safe side.

Pharmacy customer: Hello.
PTA: Hello. What can I do for you?

A group of us are heading off to the Bavarian Forest on a hiking tour and, as some of the men in the group have never been rambling before, or at least not very often, I thought it might be a good idea to take a first aid kit with me.

That is a very sensible idea.

What do you recommend that I put in the kit?

I suppose that you probably won't have much capacity for taking cool packs with you, do you?

That's right.

Firstly, I recommend this cooling spray. It contains menthol and some other essential oils to help soothe acute pain and reduce swelling and redness. It should be carried in such a way that it is not exposed to sunlight. The spray is excellent at cooling down sprains and strains, especially to knee and ankle joints.

That sounds good. What else do you recommend?

It's always good to have insect repellent, especially at this time of the year when midges and ticks are

starting to get active. If any of the group members suffer from allergies, it might be a good idea to ask them if they can bring their own medication with them.

That's really a good idea. I'll do that. What about grazes?
Grazes?

They are also called abrasions.
It's a good idea to have a tweezers for removing dirt such as grit and plant material from the abrasion before disinfecting it. We have small tubes of ointment for cleansing and disinfecting wounds. Quite a few abrasions are only on the surface but still need some type of plaster to help speed up the healing process.

Could you also give me a few sterile dressings? And elastic strapping, just in case? You know for immobilising sprained joints, that type of thing?
Certainly, here you are

Good, I think we have covered everything. If I need anything I can drop by before going on the tour.
No problem. You might consider sending the other members of the group to us too!

I will thank you. Bye for now.
Goodbye. ■

*Catherine Croghan,
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VOCABULARY

Rambling	Wandern
associated with	in Verbindung gebracht werden mit ...
walking gear	Wanderklamotten
injuries	Verletzungen
sprains	Verstauchung, Verrenkung
hyperextension	Überdehnung
muscle fibre tear	Muskelfaserriss
tendon damage	Sehnenschaden
abrasions	Schürfwunden
fractures	Brüche
prone to	anfällig für
common sense	gesunder Menschenverstand
essential oils	ätherische Öle
soothe	lindern
exposed to	etw. ausgesetzt sein
ankle joints	Knöchel-, Sprunggelenk
repellent	Insektenschutzmittel
midges	Mücken
ticks	Zecken
grazes	(ugs.) Schürfwunden
tweezers	Pinzette
grit	Splitt
ointment	Jodsalbe