

# Tē-sann-khò

## 第三課

# Tsit-pōo tsit-pōo liâu-liâu-á tsò

一步一步 liâu-liâu 仔做

Huān-tsiá teh kiānn-lōo ê sî, ū-tang-sî-á hiông-hiông ē un--luè. Kui-ki kha lóng bô lát, in-uī bat khi siong-tiòh n̄ng-tiâu **kha-kin**. Tong-tshoo i-sing ū kap i tsham-siông sī-m̄-sī sing póo tsit-tiâu. Nā ē-tàng kái-siān, tō m̄-bián khui n̄ng-tiâu. Nā-sī buē-tàng kái-siān tsiah-koh póo khui tsit-kái. Bók-tsîng ē-tàng tsuè--ê sī kā kha ê kun-bah liān hōo khah íong-tsòng--leh, tshin-tshiūnn khiâ kha-táh-tshia á-sī iû-íng tsit n̄ng-tsióng pí-kàu khah n̄ng-sìng ê ūn-tōng. Kiam-koh tsiáh tsong-háp Bi-tá-bín lâi pó-ióng. Tsit-pōo tsit-pōo liâu-liâu-á kā kái-siān.

患者咧行路 ê 時，有當時仔雄雄會 un--luè。歸支腳攏無力，因為捌去傷著兩條腳筋 ê 緣故。當初醫生有佻伊參詳是毋是先補一條。若會當改善，就毋免開兩條。若是袂當改善才閣補開一 kái。目前會當做--ê 是共腳 ê 筋肉練予較勇壯--leh，親像騎腳踏車抑是游泳這兩種比較較軟性 ê 運動。兼閣食綜合維他命來保養。一步一步 liâu-liâu 仔共改善。

## Tē-it Tùi-uē

I-su : Lí khah **gâu** sng-thiànn hia khuànn--khí-lâi pīng-bô  
**thè-huà**, tse sī tsit-ê hó hiān-siōng.

Huān-tsiá: M̄-kú guá tsia kám-kak koh ē bâ-bâ neh.

I-su : Tsit-tah siong khah lī-hāi. Tsia ê sîn-king ê kám-kak ū  
khó-líng bô huat-too huê-hók ah.

Huān-tsiá: Būn-tê sī kui-ê kha-té ū-tang-sī-á tah-luè **hiông-hiông**  
un--luè. Kui ki kha lóng bô-lát.

I-su : Tiòh, in-ūi siong-tiòh--ê sī n̄ng-tiâu kin. Tong-tshoo  
lân ū tshām-siōng kuè, sing póo tsit-tiâu, khuànn ū  
huat-tōo kái-siān buē. Nā ē-tàng kái-siān, lân tō  
m̄-bián khui n̄ng-tiâu ah. Nā sī buē-tàng kái-siān tsiah  
koh póo tsit-kái.

Huān-tsiá: **Tshiū che beh ūn-tōng sī kan-tānn ē-sái khiá**  
**kha-táh-tshia niâ?**

I-su : **Kha-táh-tshia, iū-íng khah an-tsoân.**

Huān-tsiá: Kut-thâu bô án-tsuánn sī tsin-hó. Tsí-sī tse lóng án-ne  
bâ-bâ.

I-su : Lán ē-sái iōng sio-tsúi ù lâi pang-tsān huìh ê sūn-khuân.  
Tān-sī he pang-tsān iú-hān. Á-sī tsiáh tsong-háp  
bi-tá-**bín** lâi pó-ióng.

Huān-tsiá: Tsiàu lí kóng--ê án-ne, tsit-pōo tsit-pōo **liâu-liâu-á** tsò.

## Tē 2 English Translation

Do it step by step.

A patient would sometimes squat down suddenly while walking. He felt that his whole leg was so weak and lacked strength. It was because two of his tendons got injured once before. At first the doctor had discussed with him about having an operation on one tendon first. If this could help improve the condition, he would not have to have the second operation. On the other hand, if the first operation could not be helpful, the second one would be necessary. For the moment what he could do was to strengthen the muscles and tendons of his leg by doing some mild exercises like riding a bicycle or swimming. Also he had to take multivitamins to help maintain his health. Just try to improve the condition step by step.

Dialogue:

The doctor: The parts in which you often feel sore pain do not seem to degenerate. This is a good sign.

The patient: But I feel that this part is still numb.

The doctor: This part got injured more seriously. The nerve sensitivity around here may not be able to heal.

The patient: Oh! So it's not going to heal forever?

The doctor: Yes. But you can exercise to strengthen the tendons and the muscles so that it would be easier for you to work.

The patient: The problem is that sometimes when I step on the floor with the sole of my foot, I will squat down suddenly. My foot lacks strength.

The doctor: Yes, it's because two of your tendons got injured. We already talked about this before. I will try to treat one tendon first to see if it can get better. If it is possible, you don't have to have the operation twice. If not, I'll treat it one more time.

The patient: So I can only exercise by riding a bicycle in this kind of situation?

The doctor: Riding a bicycle and swimming are safer for you.

The patient: It's not so bad since the bone did not get injured. It's just that this part is always numb.

The doctor: You can apply a hot water compress to boost the blood circulation. However, this kind of help is limited. Or you can take some multivitamins to maintain the condition.

The patient: Just follow what you've said step by step.

### Tē 3 Tùi-uē (Hàn-lô pán)

醫師：你較擎酸痛彼看--起來並無退化。這是一個好現象。

患者：毋過我遮感覺閣會痲痲 neh。

醫師：這 tah 傷較厲害。遮的神經 ê 感覺有可能無法度回復

ah。

患者：問題是歸 ê 腳底有當時仔踏 luè雄雄 un--luè，歸隻腳攏無力。

醫師：著，因為傷著--ê 是兩條筋，當初咱有參詳過。先補一條，看有法度改善袂。若會當改善，咱就毋免開兩條 ah。若是袂當改善才閣補一 kái。

患者：像這欲運動是 kan-tānn 會使騎腳踏車 niâ?

醫師：騎腳踏車、游泳較安全。

患者：骨頭無按怎是真好。只是這攏按呢痲痲。

醫師：咱會使用燒水 ù 來幫贊血 ê 循環，但是彼幫贊有限，抑是食綜合 bi-tá-mín 來保養。

患者：照你講--ê 按呢一步一步 liâu-liâu 仔做。

#### Tē 4 Sin-sû

1. gâu: Gâu sī iông-īnn ê ì-sù. Tshin-tshiūnn “Kám-mōo gâu thuân-jiám tiòh pát-lâng.”
2. thè-huà: It-puann 60 huè í-siōng ê lāu-lâng ū kuan-tsat thè-huà ê hiān-siōng. Tsē sī kuan-tsat ló-huà. Tuā-khoo ê lāng pīng-siōng-sī hōo kuan-tsat ê ap-lik khah tuā, tsō-sīng kuan-tsat nng-kut ê buā-sún, tō ē sán-sing thè-huà-sìng kuan-tsat-iām.
3. hiông-hiông: Mā ē-sái kóng hut-jiân á-sī hut-jiân-kan. Phì-jū-kóng, “Hit tsiáh káu-á hiông-hiông tsáu--tshut-lâi, tùi bô

sik-sāi ê lâng-kheh it-tit puī.”

4. liâu-liâu-á: Mā ē-sái kóng liâu-á-sī. Phì-jū-kóng, “Lí mài kín-tiunn, ū uē tsit-kù tsit-kù liâu-liâu-á kóng.”

