

OET Dictation Practice 09

Audio: <https://youtu.be/LRAIfUT4XEQ>

Assessment

You hear a doctor talking to a patient called Jane Brown. For questions 1 to 12 complete the notes with a word or short phrase that you hear.

You have 30 seconds to look at the notes.

Patient: Jane Brown

Patient's description of symptoms:

discomfort in (1) _____

- ulnar-sided pain along the bone
- feels (2) _____
- radiates to her (3) _____ (intermittent for 2 weeks)
- pain worsens (4) _____
- feels like a guitar string being tightened

Initial treatment:

rested the arm on a pillow

put some ice and a (5) _____

tried (6) _____ medication for about 1 week

soft stretching exercise

Vocation:

student

- bachelor of science
- in her (7) _____ at university

Daily routine:

sitting 10 hours + per day

at home:

- (8) _____ and wrists regularly pressed against the desk
- arms stationary for extended periods
- noticeable (9) _____ in arms

at university:

- tutorials: leans against desk
- lectures: uses (10) _____ with correct posture

Physical activity: plays (11)_____ once per week
swims twice per week
started (12)_____ six months ago
hasn't played any sports for one week

SOLO IELTS TOEFL

Dictation Practice

Dictation Practice09-1

- Doctor:** Welcome, Ms.Brown. May I call you Jane?
- Ms.Brown:** Yes. Of course.
- Doctor:** I understand you've just (1)_____ with this practice.
- Ms.Brown:** Yes. I've just (2)_____ and my old doctor is a little too far to travel.
- Doctor:** No problem. And you've come here today because of (3)_____ in your (4)_____. Is that correct?
- Ms.Brown:** Yes. That's right.
- Well, it's actually a pain (5)_____ on the (6)_____. It's kind of (7)_____ than anything and sort of (8)_____.
- It started about (9)_____ I think, and (10)_____ but there's definitely something wrong there. It's getting quite painful, (11)_____. It's even caused me to (12)_____.
- And sometimes if I (13)_____ my arms suddenly or if I (14)_____, the pain... It's hard to describe - kind of like a (15)_____ being wound really tight.
- Doctor:** Okay. And have you tried anything for it?
- Ms.Brown:** Well, I asked a few friends and they said it's probably a (16)_____ and to try just (17)_____. So I did. But that didn't make a difference.
- So I looked it up online and it was recommended to (18)_____ on it and also a (19)_____, alternating a (20)_____, kind of swap from one to the other. And also see which one works the best.
- It also said I can (21)_____ which I did (22)_____. And it made very little difference.
- It also said I should do some (23)_____, but at the time they hurt to do. So I didn't really follow through with them.

Dictation Practice09-2

- Doctor:** Right? And You're (1)_____. Are you working or studying?
- Ms.Brown:** I'm still (2)_____. I'm doing a Bachelor of Science. It's my final year so it's pretty hectic. I spend most of my days (3)_____.
- Doctor:** Okay, Can you tell me more about that? How long you'd spend at the computer, I mean?
- Ms.Brown:** Well, I'd sit there anywhere (4)_____ or even more some days. It's (5)_____ at home. We have a really large desk. It's one of those old antique things. My dad bought it at an auction.
- It's just that it's (6)_____. So my forearms and I guess also, my wrists have to (7)_____ when I type. Sometimes I sit there for a few hours and don't really move them very much.
- If I'm concentrating on my work, then I don't (8)_____ I'm putting on them. But I often see that I have (9)_____ kind of halfway down my arms when I (10)_____. So I guess it might be quite a lot.
- Now that I'm saying this, it's pretty obvious that that might be the reason for the pain,
- Doctor:** I'd certainly say it's a (11)_____. Is that the same at university?
- Ms.Brown:** Well, if it's a tutorial then I sit (12)_____ because the tables there are terrible and I'm so used to it.
- If it's a lecture, we have those little (13)_____ so I can sit properly with my (14)_____ because there's nothing to lean against and they're a comfortable height.
- I also have a question if it's okay.
- Doctor:** Yes, of course.
- Ms.Brown:** Would (15)_____ help this kind of injury or make it worse?
- Doctor:** It would depend on the (16)_____.

Ms.Brown:

Well, I play (17)_____, not for competition, just a mixed group of friends. I also (18)_____ but about half a year ago I joined the (19)_____. That's what makes me really feel it because of the action of my arms having to (20)_____ so much. And that causes really (21)_____.

It's hard and you need to be fairly strong. But I enjoy it, so I want to (22)_____ if I can. That's another reason I'd really like to get this (23)_____. I haven't played any sport for the (24)_____ because of the pain. But I really want to get back to it. It's kind of addictive.

Doctor:

A break is a good idea. They sound rather rigorous. What I'd like to do now is examine not only your arm but also your neck and spine.

Answer Key

1. left arm
2. numb
3. little finger
4. at night
5. heat pack
6. anti-inflammatory
7. final year
8. forearms
9. deep creases
10. (little) flip top table(s)
11. netball
12. rowing

Transcript

Doctor: Welcome, Ms.Brown. May I call you Jane?

Ms.Brown: Yes. Of course.

Doctor: I understand you've just registered as a new patient with this practice.

Ms.Brown: Yes. I've just recently moved to the area and my old doctor is a little too far to travel.

Doctor: No problem. And you've come here today because of some discomfort in your left arm. Is that correct?

Ms.Brown: Yes. That's right.

Well, it's actually a pain along the bone on the outside edge of my forearm. It's kind of more numb than anything and sort of spreads to my little finger.

It started about two weeks ago I think, and comes and goes but there's definitely something wrong there. It's getting quite painful, especially at night. It's even caused me to wake up a few times.

And sometimes if I stretch out my arms suddenly or if I bend it with any force, the pain... It's hard to describe – kind of like a guitar string being wound really tight.

Doctor: Okay. And have you tried anything for it?

Ms.Brown: Well, I asked a few friends and they said it's probably a pinched nerve and to try just resting it on a pillow. So I did. But that didn't make a difference.

So I looked it up online and it was recommended to put some ice on it and also a heat pack, alternating a warm compress with ice, kind of swap from one to the other. And also see which one works the best.

It also said I can take anti-inflammatories which I did for about a week. And it made very little difference.

It also said I should do some gentle stretching exercises, but at the time they hurt to do. So I didn't really follow through with them.

Doctor: Right? And You're 22. Are you working or studying?

Ms.Brown: I'm still at university. I'm doing a Bachelor of Science. It's my final year so it's pretty hectic. I spend most of my days sitting at a computer.

Doctor: Okay, Can you tell me more about that? How long you'd spend at the computer, I mean?

Ms.Brown: Well, I'd sit there anywhere up to 10 hours or even more some days. It's pretty uncomfortable at home. We have a really large desk. It's one of those old antique things. My dad bought it at an auction.

It's just that it's so high. So my forearms and I guess also, my wrists have to lean against the edge of it when I type. Sometimes I sit there for a few hours and don't really move them very much.

If I'm concentrating on my work, then I don't notice the kind of pressure I'm putting on them. But I often see that I have deep creases kind of halfway down my arms when I stand up. So I guess it might be quite a lot.

Now that I'm saying this, it's pretty obvious that that might be the reason for the pain,

Doctor: I'd certainly say it's a contributing factor. Is that the same at university?

Ms.Brown: Well, if it's a tutorial then I sit the same way as at home because the tables there are terrible and I'm so used to it.

If it's a lecture, we have those little flip top tables so I can sit properly with my back straight because there's nothing to lean against and they're a comfortable height.

I also have a question if it's okay.

Doctor: Yes, of course.

Ms.Brown: Would playing a lot of sports help this kind of injury or make it worse?

Doctor: It would depend on the type and the intensity.

Ms.Brown: Well, I play netball on Tuesday nights, not for competition, just a mixed group of friends. I also swim twice a week but about half a year ago I joined the university rowing team. That's what makes me really feel it because of the action of my arms having to stretch and bend at the elbow so much. And that causes really intense pain.

It's hard and you need to be fairly strong. But I enjoy it, so I want to keep at it if I can. That's another reason I'd really like to get this sorted out. I haven't played any sport for the last seven days because of the pain. But I really want to get back to it. It's kind of addictive.

Doctor:

A break is a good idea. They sound rather rigorous. What I'd like to do now is examine not only your arm but also your neck and spine.

SOLO IELTS TOEFL