

## Simplified Speech #115 – Are you injury prone?

### Episode description

Be careful where you step! If you're injury-prone, you might just twist an ankle. In this episode of Simplified Speech, Andrew and Jeremy talk about their worst injuries.

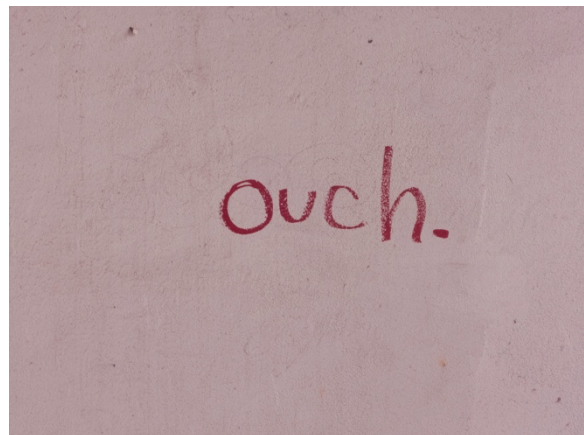
In this episode, you'll hear how native English speakers talk about accidents and injuries. Along the way, you'll hear useful idiomatic expressions used when talking about physically painful experiences. This episode is perfect for intermediate level English learners who want to improve their English and become fluent.

### Fun fact

One of the key words our hosts frequently use in this episode is prone. Prone comes from the Latin word *pronus*, which means physically bent forward or inclined to. So when someone is injury-prone, they're inclined to be injured!

### Expressions included in the study guide

- To be prone to
- To mangle
- To shove [something] back into place
- To draw out
- To come back from



## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Hello, everyone. I'm Andrew.

**Jeremy:** And I'm Jeremy.

**Andrew:** And this is the Culips English Podcast.

Welcome back to another Culips episode, everyone. This is Simplified Speech and if you don't know what that is, well, let me explain. Simplified Speech is the Culips series that features clear, natural conversations that are designed to help you boost your English listening skills and increase your knowledge of essential English vocabulary. And there's a study guide for this episode, everyone, that includes the transcript, along with some detailed vocabulary explanations and examples, as well as a comprehension quiz. And we recommend studying along with the guide while you listen to us here today. It's available for all Culips members on our website Culips.com.

**Jeremy:** And if you're not a Culips member yet but would like to see why our study guides are such an awesome resource for studying English, then just visit Culips.com and select the study guide samples option from the membership menu and you can download six free study guide samples.

**Andrew:** Hey Jeremy, could you introduce what our topic for today is?

**Jeremy:** Sure. In this episode, we are going to answer the question, are you injury-prone? Are you injury-prone, Andrew?

**Andrew:** Well, I will share my answer with you in just a moment Jeremy. But before we get into the main content for today's episode, I wanted to give a shout-out to one of our listeners from Belgium, Katrin, who left us a very nice comment and a five-star review on Apple podcasts. Now, Katrin said that after listening to Culips for several months, she signed up and became a Culips member. And she is very happy with the experience. She says that the transcript and quizzes are just awesome. So thank you to Katrin for leaving that nice review on Apple podcasts. And everyone, if you have a moment and can leave us a nice review and five-star rating on Apple podcasts or wherever you get your podcasts, it would be very helpful for helping spread the word about Culips, so that other English learners around the world can find us.

**Jeremy:** Support Culips.

**Andrew:** So Jeremy, you just asked me a moment ago, am I injury-prone?

**Jeremy:** Yeah.

**Andrew:** And I think we should break down this question first before we give our answers.

**Jeremy:** Of course.

**Andrew:** So yeah, prone is an interesting word. The spelling is P-R-O-N-E. What does it mean if you are injury-prone or **prone to something**?

**Jeremy:** Well, if you're **prone to something**, it means that that thing happens to you often, or you do that thing a lot. Would you agree?

**Andrew:** Yeah, that sounds right. So if you are injury-prone, that means you get injured often. You frequently injure yourself. We also have the expression accident prone. So if you are accident prone, then you get into accidents often. Maybe you bump your foot every day or crash your bike or trip. I think tripping is common, right? If you are a clumsy walker, then we could say you are accident-prone as well. And when we use the construction **prone to**, then we usually say what you experience frequently, like you could be **prone to headaches**. Personally, I have really fair pale skin. So in the summertime, unfortunately, I am **prone to sunburns**.

**Jeremy:** You know, now that you have said all these examples, I feel like prone is usually used with things that happen to you physically. And those things are usually negative.

**Andrew:** Yeah.

**Jeremy:** So for example, you wouldn't say I'm prone to winning the lottery, or she is prone to getting a raise, right?

**Andrew:** Yeah, that's a great point. It's always with something negative, right? It means that something negative, like an injury or an accident or an illness happens to you frequently.

**Jeremy:** Usually something physical.

**Andrew:** Usually something physical. Great. So now that we're clear about what this question means, let's give our answers. So, thankfully, I am not injury-prone. I have had a very lucky life, I think, where I haven't really been injured too often. Of course, I have been hurt from time to time, but nothing too serious. How about you, Jeremy? Are you injury-prone?

**Jeremy:** No, I don't think I'm very injury prone. I know some people who are, and I definitely do not get hurt as much as they do. But I'm wondering, Andrew. So you don't get hurt very often, but what was the worst injury you've ever had?

**Andrew:** The worst injury I've ever had? Well, when I was a kid, I played ice hockey, as all Canadian kids should do. I've played ice hockey. I was probably around 10 years old, and my kneecap dislocated. So I twisted my knee weirdly while I was ice skating, and the kneecap dislocated and moved to the side of my knee, so it was all **mangled** up.

**Jeremy:** That hurts just thinking about it.

**Andrew:** Yeah, it was a really painful experience. And I had that injury bother me several times for the next several years doing different things. It was just really loose. It used to move around a lot. I reinjured it several times. But yeah, that kind of sucked. I remember going to the emergency room and the doctor kind of just **shoving it back into place**. And it was a really unpleasant feeling.

**Jeremy:** Oh, no.

**Andrew:** It wasn't really extremely painful. But it was like really just uncomfortable. I remember that. So yeah, I'm really lucky that that is the worst injury that I've ever had. And it happened when I was around 10 years old when, you know, I think our bodies are more flexible and maybe even better at absorbing injury when we're young like that. So it was good to have that experience happen when I was young and not now. These days maybe it would end me, I'm not sure.

**Jeremy:** Well, you're lucky because there aren't many nerve endings around the kneecap. So there's very little sensation in there.

**Andrew:** Yeah, absolutely. That is lucky for sure. So Jeremy, what about you? What's the worst injury you've ever had?

**Jeremy:** I mean, I broke some bones when I was a kid. I broke my nose a couple of times. And those were both very traumatic experiences. But in more recent memory, probably the most painful injury I've ever had was getting stung by a stingray.

**Andrew:** Getting stung by a stingray. Oh my god, what happened?

**Jeremy:** So for those who don't know what a stingray is, it's an animal that is related to a shark that lays flat on the ocean floor. And sometimes they hide themselves in the sand. And they have a long tail with a stinger at the end. And I've known about these stingrays for a long time. When you walk in the ocean, you're supposed to shuffle your feet to kick up sand. And usually this will make them swim away because they get scared. But this time, I was on a paddleboard and I jumped off the paddle board into the water and stepped right on top of a stingray and it stung me right away.

**Andrew:** Oh, no.

**Jeremy:** And it was the most pain I've ever felt in my life.

**Andrew:** Yikes, man. That sounds really, really scary. So I've heard that stingrays are poisonous, and sometimes even deadly, which means that they could kill you. So this sounds like a really serious incident.

**Jeremy:** Yeah, I was very lucky that it stung me on my ankle, and not somewhere else on my body. For example, I think, Steve the Crocodile Hunter, was that his name?

**Andrew:** That's right, Steve the Crocodile Hunter. Steve Irwin.

**Jeremy:** Steve Irwin, that's it. I think he died from a stingray sting. But I heard that it hit him in the heart or something like that. But luckily, the stinger just hit my ankle bone. It wasn't very deep. And there was an army ranger there at the beach who knew exactly what to do. And he helped me by putting my foot in a bucket of very hot water, and the hot water **drew out** all the poison. So after a couple hours, the pain completely went away.

**Andrew:** Wow, that's wild.

**Jeremy:** Yeah, I was really lucky.

**Andrew:** Yeah, you're lucky that ranger was there, but kind of unlucky that you stepped on the stingray. Good and bad luck on the same day.

**Jeremy:** Yeah, it was a good experience overall, I learned to respect the ocean a bit more.

**Andrew:** The ocean is so scary. How painful was it? Like was it 10 out of 10 pain?

**Jeremy:** I mean, I've never given birth to a child. But my wife has told me that that is a whole new level of pain. So I can't compare to that. But it was the most painful thing I've ever experienced. I'd say it was a 10 for me, compared to all the other things I've experienced. Because when you break a bone, there is the initial pain. And then you go into shock, and you don't really feel the pain for a while. But because this was a poison, it was consistently causing pain every second. So even though I went into shock, it was still causing me pain the whole time. It wasn't until I put my foot in the hot water that the pain subsided.

**Andrew:** Wow, and so after two hours, then all of the pain was gone?

**Jeremy:** Yeah, it was very strange. It was excruciatingly painful for an hour. And then it started getting better. And then all of a sudden, I sat up and came back to life.

**Andrew:** In a way that's kind of one of the best injuries to get then because I think when we think of a traditional injury, like me with my kneecap, I had to do physical therapy afterwards. I had to do exercises. It wasn't a quick speedy recovery. It took several months and probably same with you with breaking bones, right? When you break a bone, it takes a long time to recover. But getting stung by a stingray, you're back and at it in two hours.

**Jeremy:** Yeah, it was a little difficult to walk. There was some swelling, and it itched for a while. But other than that, yeah, it was pretty easy **to come back from**. But again, if I got stung on my leg or on my abdomen, then it would have been much worse because I would have had to jump in a hot tub or something to get hot water on the area. So I was very lucky that it was my ankle.

**Andrew:** Yeah, absolutely. So Jeremy, we should wrap it up here. But before we do, I have one final question for you.

**Jeremy:** OK.

**Andrew:** And I know you're a dad. So I'm really curious to see if being a father influences your answer to this question. The question is, do you take safety seriously or are you reckless?

**Jeremy:** Oh, wow. I think I've always been a bit more on the cautious side, more than most people. So I wouldn't say that I'm reckless by any means. But since I've become a dad, and I've seen my son run around and get hurt, and fall down so much, I realized that some injuries are necessary for learning. And other injuries are, of course, to be avoided at all costs. So sometimes I let my son get hurt. If it seems like he's gonna fall, I don't really help him. But if he's going to touch a hot pan on the stove, I immediately grab him or get his attention and take him away from the dangerous thing. So, what about you?

**Andrew:** Yeah, I think I'm similar to you that I am more cautious than probably most people. I've been a little bit reckless during certain activities, like mountain biking or biking in general, maybe compared to some people. I like to go a little bit faster or do some courses that are a little more difficult than regular people, but I always make sure that I do it in a safe way. But just because of the nature of the activity, it is a little bit dangerous. But I think overall, you know, I hate not taking the proper safety precautions. I really get angry, for example, when people speed unnecessarily on the highway or drive dangerously. So in all of those situations where not only my life is at risk but other people's lives are at risk, then I am extremely cautious because that's one of my worst nightmares is injuring somebody else because of my recklessness. So, yeah, I think I'm cautious overall.

**Jeremy:** Yeah, I think cautious is a good way to be.

**Andrew:** Well, everyone, that brings us to the end of today's episode, thank you for listening. And thank you for learning English with us. We hope that you found this episode educational, and that you learned something new that you can use in your future English

speaking. If you enjoy Culips and you learn a lot with us, then please support us. There are several different ways that you can do that. For example, you could sign up and become a Culips member on our website Culips.com. And when you do that, there are so many benefits that you get. So please just visit Culips.com to learn all about them. But that's not the only way you can support us. You could follow us on social media, or tell your friends who are learning English to check out Culips or even you could leave us a five-star rating and a nice review on Apple podcasts or wherever you get your podcasts. So that's it for us, for now, but we'll be back soon with another brand new episode. Stay safe everyone and take care. Bye.

**Jeremy:** Bye, everyone.

## Detailed Explanations

### To be prone to [something]

Idiom

**To be prone to [something]** means to be likely to do, suffer from, or experience a particular problem or characteristic. This adjective works for any noun. For people, you can say he is prone to ear infections. For places, you can say that mountainside is prone to mudslides. For things, you can say this type of battery is prone to corrosion.

As Andrew and Jeremy mention in this episode, the thing you are prone to is often negative or unwanted. Whatever it is, you are likely to experience a particular problem more often than is usual.

You can also use prone as a suffix. Andrew and Jeremy talk about being injury-prone and accident-prone. When used as a suffix, prone means to be likely to experience the word it is attached to. In this case, injury-prone means to often injury yourself or be injured. Accident-prone would then mean to have a lot of accidents or other unpleasant things happen.

Here are a couple more examples with **to be prone to [something]**:

<b>Julie:</b>	Do you have any headache medicine?
<b>Chantelle:</b>	I do. Bad headache? Did you hit your head on something?
<b>Julie:</b>	No, I've just always been <b>prone to headaches</b> , especially when it's raining out.

<b>Tim:</b>	I was checking the numbers from yesterday and there's something weird going on in cash machine #5. Can you take a look?
<b>Kenji:</b>	Cash #5? Let me see.
<b>Tim:</b>	I think it's reporting duplicate sales.
<b>Kenji:</b>	Oh! Right, I remember this now. This cash has been <b>error-prone</b> for the past few days. I asked the dayshift not to use it until I sorted out the issue, but it looks like they ignored me.



## To mangle

Verb

**To mangle** means to destroy or injure, usually by twisting, tearing, crushing, or cutting. The thing being mangled is often mutilated beyond recognition or destroyed completely. You can physically **mangle** something. For example, you can say that someone's car was **mangled** in a traffic accident.

You can also figuratively **mangle** something, like a story or a poem. You can say that as she read the poem, she **mangled** the rhythm so badly that it hardly made any sense. When used in a figurative sense, **to mangle** means to make so many mistakes that the final result is spoiled.

Here are a couple more examples with **to mangle**:

<b>Holly:</b>	That substitute teacher was so bad today.
<b>Myles:</b>	I know, right? He absolutely <b>mangled</b> the answer to question #5 and couldn't even explain the basic principles of design.
<b>Holly:</b>	I wonder if he lied on his application.
<b>Myles:</b>	Probably. Hopefully he won't be back tomorrow.

<b>Yoko:</b>	I can't believe it!
<b>Kaoru:</b>	What? What happened?
<b>Yoko:</b>	The washing machine ruined my sweater.
<b>Kaoru:</b>	I'm sure it's not that bad. Let me see.
<b>Yoko:</b>	Look at it! The sleeve is so <b>mangled</b> , there's no way I can patch this up.
<b>Kaoru:</b>	Oh, my. Yeah, that's destroyed. I'll buy you a new one next time we go shopping, okay? Just calm down.
<b>Yoko:</b>	This was my favourite sweater!

## To shove [something] back into place

### Idiom

When you **shove something back into place**, you're pushing it with a quick, forceful movement so it goes back to where it belongs. This is usually a very rough action.

In this episode, Andrew shared the story of how he twisted his knee ice skating. To fix it, he says the doctor kind of just **shoved his kneecap back into place**. When the doctor pushed his kneecap back into place, it was likely very rough and forceful, instead of careful and considerate of Andrew's pain tolerance.

Here are a few more examples with **shove [something] back into place**:

<b>Carla:</b>	Ouch! Every time!
<b>Jung-Sook:</b>	Are you okay?
<b>Carla:</b>	Yeah. I just banged my hip on the drawer there, again. It always seems to be open when I pass by.
<b>Jung-Sook:</b>	We'll have to <b>shove that back into place</b> , so it stays closed.
<b>Carla:</b>	Actually, I just did. With my hip. As I walked past.

<b>Shigeru:</b>	My car makes this annoying jingling sound when I'm driving.
<b>May:</b>	Mine used to do that, too. There was a loose screw in my dash. I <b>shoved it back into place</b> as hard as I could, and the jingling stopped.

<b>William:</b>	Hey Bruce! I saw your fence post lying on the ground.
<b>Bruce:</b>	Did you? It must have come out during that big windstorm last night. I'll go out and have a look.
<b>William:</b>	That would be a good idea. I <b>shoved it back into place</b> but who's to say what other posts might have come loose.
<b>Bruce:</b>	Thank you kindly, neighbour.

## To draw out

Phrasal verb

**To draw out** means to pull out or to remove. In this phrasal verb, draw is used in the sense of causing something to move. In this episode, Jeremy describes how an army ranger put Jeremy's foot in a bucket of hot water after he was stung by a stingray. He says that the hot water **drew out** all the poison, which means the hot water pulled the poison out of Andrew's foot.

**To draw out** also has another meaning. It can mean to make something last longer than it was originally supposed to. You could **draw out** a meeting by constantly asking questions, thus making it last longer. You could **draw out** a dinner so it ends later than it was supposed to.

Here are a couple more examples with **draw out**:

<b>Jackson:</b>	Why is it taking so long for the wine?
<b>Hayley:</b>	Sorry. I'm still <b>drawing out</b> the cork. It's a little difficult.
<b>Jackson:</b>	Well of course it is. You've still got the foil wrapper on. Here, let me do it.

<b>Qiang:</b>	I just love relaxing at the local spa. The steam baths there are so wonderful.
<b>Guo:</b>	I've never understood why people go to the spa to sit in a room of steam.
<b>Qiang:</b>	Oh, you should come with me next time. You'll be in for a treat. The steam <b>draws</b> all the bad toxins <b>out</b> of your skin and revitalizes you, so your skin is super healthy.

<b>Delilah:</b>	Well, that was an unnecessarily long meeting.
<b>Ian:</b>	Of course it was. Jensen <b>drew out</b> his speech so the meeting would end exactly at lunch time. That way we don't have to go back to our desks for a futile 10 minutes of work time.
<b>Delilah:</b>	Some of us needed those 10 minutes of work time to, you know, work, before lunch.

## To come back from

Phrasal verb

**To come back from** means to become strong, successful, or effective again after an injury, failure, or other bad situation. This phrasal verb is most often used when talking about sports. For example, a team might **come back from** a rough start, meaning that they have improved their playing and will win the game. When an athlete **comes back from** a serious injury, they've recovered from the injury and are able to play in games again.

That said, **to come back from** is also used in other situations. In non-sports situations, it means to be healthy and happy again. Someone could **come back from** financial struggles when they get a new job or promotion. Jeremy **came back from** his stingray injury without any trouble.

Here are a couple more examples with **to come back from**:

<b>Kentaro:</b>	Did you hear about Stacy in accounting?
<b>Shane:</b>	No? What's wrong with Stacy?
<b>Kentaro:</b>	She was caught stealing office supplies.
<b>Shane:</b>	Stacy? Sweet, innocent Stacy? The woman the boss kept praising at the meeting the other day?
<b>Kentaro:</b>	The same Stacy. She was fired on the spot.
<b>Shane:</b>	Yikes. That makes sense though. You can't <b>come back from</b> stealing from the company.

<b>Hazel:</b>	Did you hear? Surraya took a bad fall during the game last night. It looks like she'll be out for the rest of the season.
<b>Monica:</b>	Damn! She's our star player. We need her if we have any chance at making the finals this year.
<b>Hazel:</b>	Hopefully she'll <b>come back from</b> the injury. Coach says we'll know more after the doctors get the results from her tests.
<b>Monica:</b>	Let's keep my fingers cross.

## Quiz

**1. When the doctor shoved Andrew's knee back into place, what did he do?**

- a) the doctor twisted it
- b) the doctor pulled it
- c) the doctor tapped it
- d) the doctor pushed it

**2. Which of the following means to remove something?**

- a) to draw it out
- b) to sketch it out
- c) to draw it in
- d) to stretch it out

**3. What does it mean when you come back from an injury?**

- a) you've returned from seeing the doctor
- b) you were injured, but now you're fine
- c) you're lying on your back because it hurts
- d) you've hurt your back

**4. Which of the following means to destroy or injure?**

- a) to mango
- b) to mangy
- c) to mangle
- d) to angle

**5. If someone is accident-prone, that means they \_\_\_\_\_.**

- a) enjoy watching YouTube video clips of accidents
- b) go out of their way to intentionally cause accidents
- c) have a lot of accidents or other unpleasant things happen to them
- d) are often lying around due to laziness

## Writing and Discussion Questions

1. What is something you're prone to doing? Why?
2. Describe a time when you mangled something up.
3. Have you ever needed to shove something back into place? What was it and why was it out of place? What kind of stories have you heard from other people?
4. How would you draw out poison from an animal bite?
5. Describe a time you, or someone you know, came back from a difficult situation.

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## Quiz Answers

1. d   2. a   3. b   4. c   5. c

### Episode credits

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