Illness and injury

The phrasal verbs in these exercises all describe different things that can go wrong with the body and the process of recovering from illness and injury.

1. These people are describing an illness or an injury. Find the two phrasal verbs in each paragraph and write their infinitive form.

1. We went to a restaurant for dinner last night and I must have eaten something that disagreed with me. I was awake half the night, throwing up!

   disagree with
   throw up

2. My body aches and I have a fever. I think I’m coming down with something. I don’t know where I picked it up … probably the office.

3. I was jogging in the park one cold, icy morning when I slipped and fell. I must have hit my head because I passed out. I came round in an ambulance!

4. Last year I put my back out when I was lifting a heavy box. It’s a lot better than it was, but sometimes it starts playing up again.
Match the phrasal verbs from exercise 1 with these definitions.

1. to get an illness from somewhere or something .......................................................

2. to become conscious again after not being conscious for a while .................................................................

3. (of a particular food or drink) to make you feel ill .................................................................

4. to vomit .................................................................

5. to start to develop an illness .................................................................

6. (of a part of the body) to not work properly or to hurt .................................................................

7. to become unconscious for a short time .................................................................

8. to hurt your back or a joint in your body by causing a bone to move from its normal position .................................................................
3 Complete the sentences using phrasal verbs from exercise 1. Use the correct form of the verb.

1 I felt very sick, so I ran to the toilet to ...................................................

2 Anna was complaining of a headache this morning. I hope she’s not ..........................................................
   ....................................................... flu or something.

3 I don’t eat eggs as they ....................................................... me. They give me stomach pains.

4 My grandad has had problems with his leg, and he says it’s ....................................................... again.

5 I don’t remember anything about the accident. I just remember
   ....................................................... in the hospital with my family all around me.

6 I had .................... my back .................... and I was in so much pain.

7 Young children are always ....................................................... bugs from other children at school.

8 The room was so hot. My legs suddenly felt very weak, and I thought I was going to
   ....................................................... .

throw up
4 Match the phrasal verbs (1–6) with the definitions (a–f).

1 sleep off ..........  
2 keep down ..........  
3 clear up ..........  
4 kick in ..........  
5 pull through ..........  
6 shake off ..........  

a to manage to get rid of an illness  
b (of medicine) to start to have an effect  
c (of an illness) to disappear  
d to recover from the effects of something by sleeping  
e to survive a serious illness or operation  
f to be able to keep food in your stomach and not vomit after you have eaten or drunk something
5 Complete the sentences with phrasal verbs from exercise 4. Use the correct form of the verb.

1. I had a headache so I went to bed, hoping I could .......... sleep ................. it .......... off ............ .

2. I used this cream for the problem and the rash soon ...........................................

3. We didn’t know whether she would live or not, but she ..........................................

4. I’ve had a sore throat for two weeks and I can’t seem to ........................................ it ...........................................

5. Yesterday, she vomited every time she ate something, but now she can ........................................ her food ........................................ .

6. The pain disappeared as the tablets started to ........................................ .
## Illness and injury – Answer key

### Exercise 1
1. disagree with, throw up  
2. come down with, pick up  
3. pass out, come round  
4. put out, play up

### Exercise 2
1. pick up  
2. come round  
3. disagree with  
4. throw up  
5. come down with  
6. play up  
7. pass out  
8. put out

### Exercise 3
1. throw up  
2. coming down with  
3. disagree with  
4. playing up  
5. coming round  
6. put [my back] out  
7. picking up  
8. pass out

### Exercise 4
1. d  
2. f  
3. c  
4. b  
5. e  
6. a

### Exercise 5
1. sleep [it] off  
2. cleared up  
3. pulled through  
4. shake [it] off  
5. keep [her food] down  
6. kick in