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"Alta" is a form of "alta", a noun which is often translated as "discharge form". "Baja" is a form of "baja", a noun which is often translated as "drop". Learn more about the difference between "alta" and "baja" below. la baja(1A feminine noun is almost always used with feminine articles and adjectives (e.g., la mujer bonita, la luna llena) feminine noun. drop La baja de temperatura es bastante fuerte por la noche invernal.The temperature drop is pretty intense on winter nights.b. fall La baja de las tasas de interés nos ha afectado a todos.The fall in interest rates has affected us all.2. (document) Regionalism used in Spain(Spain)a. sick note ¿Tienes la baja que te dio el doctor?Do you have the sick note the doctor gave you?b. medical certificate Todo empleado debe entregar la baja a su supervisor al volver a trabajar.All employees must turn in their medical certificate to their supervisor upon returning to work.a. sick leave El jefe estuvo de baja toda la semana.The boss was on sick leave the whole week.a. casualty (military)Ha habido bajas civiles a causa de los disturbios militares.There have been civilian casualties as a result of the military unrest.b. loss (military)El ejército sufrió graves bajas en la batalla.The army suffered grave losses in the battle.a. injured player No hay manera de que podamos jugar el partido con el número de bajas que tenemos.There's no way we can play the game with the number of injured players that we have.a. This refers to an idiomatic word or phrase for which there is no word-for-word translation.no direct translationHubo demasiadas bajas y tuvieron que cancelar la clase ese semestre.So many students dropped the class that they had to cancel it for that semester.La empresa ha tenido muchas bajas por las condiciones de trabajo peligrosas.The company has had a lot of people leave because of dangerous working conditions.Copyright © 2025 Curiosity Media Inc. "Alta" es una forma de "alta", un sustantivo que se puede traducir como "discharge form". "Baja" es una forma de "baja", un sustantivo que se puede traducir como "drop". Aprende más sobre la diferencia entre "alta" y "baja" a continuación.el alta(1Un sustantivo femenino es un sustantivo que casi siempre sigue a un artículo femenino y que es modificado por adjetivos femeninos (p. ej. la mujer bonita, la luna llena).sustantivo femeninoa. discharge form Necesito una copia del alta médica que te dieron.I need a copy of the medical discharge form you were given.Copyright © 2025 Curiosity Media Inc.la baja(1Un sustantivo femenino es un sustantivo que casi siempre sigue a un artículo femenino y que es modificado por adjetivos femeninos (p. ej. la mujer bonita, la luna llena).sustantivo femeninoa. drop La baja de temperatura es bastante fuerte por la noche invernal.The temperature drop is pretty intense on winter nights.b. fall La baja de las tasas de interés nos ha afectado a todos.The fall in interest rates has affected us all.2. 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Una frase idiomática cuyo significado no es deducible si se traduce palabra por palabra.sin traducción directaHubo demasiadas bajas y tuvieron que cancelar la clase ese semestre.So many students dropped the class that they had to cancel it for that semester.La empresa ha tenido muchas bajas por las condiciones de trabajo peligrosas.The company has had a lot of people leave because of dangerous working conditions.Copyright © 2025 Curiosity Media Inc. "Altas" is a form of "alto", an adjective which is often translated as "tall". "Bajas" is a form of "bajar", an intransitive verb which is often translated as "to go down". Learn more about the difference between "altas" and "bajas" below.alto(1An adjective is a word that describes a noun (e.g., the big dog).adjective.a. tall Ese hombre alto tiene que medir más de 200 cm.That tall man must measure more than 200 cm.b. high Escalamos una montaña muy alta.We climbed a very high mountain.a. high Hay un riesgo alto de avalanchas por la nevada.There is a high risk of avalanches due to the snowfall.b. upper Este tipo de decisiones se toma en las altas esferas del gobierno.This kind of decision is made at the upper levels of the government.c. top Ese soldado ocupa un rango alto en el ejército.That soldier occupies a top rank in the army.a. loud La música estaba tan alta que no podíamos conversar.The music was so loud that we could n't talk.a. upper Ha habido inundaciones en el alto Amazonas.There has been flooding in the upper Amazon.a. high La iglesia se convirtió en una institución unificadora en la Alta Edad Media.The church became a unifying institution in the High Middle Ages.a. high El alto antiguo alemán se hablaba en zonas de Alemania hasta el siglo X u XI.The Old High German was spoken in areas of Germany until the 10th or 11th century.An adverb is a word that describes a verb, an adjective, or other adverbs (e.g., to run quickly, very tired).adverba. high El siguiente balón, ¡lánzalo alto.Throw the next ball high.a. high Las sopranos pueden cantar muy alto.Sopranos can sing very high.b. loud No puedo hablar alto porque los niños están durmiendo.I can't speak loud because the children are sleeping.A masculine noun is used with masculine articles and adjectives (e.g., el hombre guapo, el sol amarillo).masculine nouna. high Esta casa tiene cuatro metros de alto.This house is four meters high.a. stop Haremos un alto para tomar un café y usar el baño.We will make a stop to have a coffee and use the restroom.a. top floor Un ático es un apartamento en el alto de un edificio.A penthouse is an apartment on the top floor of a building.12. (heap) Regionalism used in Chile(Chile)a. pile Tengo un alto de ropa que planchar.I have a pile of clothes to iron.13. (amount of fabric) Regionalism used in Chile(Chile)a. length Tengo que calcular el alto de tela que necesito para hacer una falda.I have to calculate the length of fabric that I need to make a skirt.a. lights El conductor no vio el alto y atropelló a un peatón que cruzaba la carretera.The driver didn't see the lights, and ran over a pedestrian crossing the road.An interjection is a short utterance that expresses emotion, hesitation, or protest (e.g., Wow!).interjection.a. stop ¡Alto! No pueden entrar en ese ala del hospital sin traje para protección contra materiales peligrosos.Stop! You can't go into that wing of the hospital without a hazmat suit.Copyright © 2025 Curiosity Media Inc.bajar(1An intransitive verb is one that does not require a direct object (e.g., The man sneezed.).intransitive verba. to go down Baje a recepción y pregúntele al conserje.Go down to reception and ask the concierge.b. to come down ¿Podrías bajar al sótano?Could you come down to the basement?a. to fall Ha bajado el precio de los tomates.Tomato prices have fallen.b. to go down La fiebre no le bajará sin medicación.His fever won't go down without medication.c. to drop Las exportaciones bajaron debido al crac bursátil.Exports have dropped due to the stock market crash.3. (to descend from a vehicle)a. to get off Baja en la siguiente estación y ya estás en el centro.Get off at the next station, and you are downtown.b. to get out Baja en cuanto me pare en el semáforo.Get out as soon as I stop at the lights.A transitive verb is a verb that requires a direct object (e.g., I bought a book.).transitive verba. to go down Bajen la escalera con cuidado. Hay un escalón roto.Be careful going down the stairs. One of the steps is broken.b. to come down ¡Ten cuidado al bajar las escaleras, abuelo!Be careful when coming down the stairs, Grandpa!.a. to get down ¿Me puede bajar la bolsa del compartimento?Could you get my bag down from the compartment?b. to take down ¿Me bajarías ese libro de la estantería?Would you take that book down from the shelf for me?c. to lower Por favor baje las persianas; hay demasiada luz.Please lower the blinds; there is too much light.a. to lower Tenemos que bajar nuestros gastos para ahorrar para la boda.We have to lower our expenses to save for the wedding.b. to turn down Si no bajan la música, nos vamos a otro bar.If they don't turn the music down, we'll go to another bar.c. to bring down La manera más eficaz de bajar la fiebre es darse un baño con agua fría.The most effective way to bring down a fever is taking a cool bath.d. to reduce El ejercicio bajará tus niveles de colesterol.Exercise will reduce your cholesterol levels.a. to download Cuando bajas películas de manera ilegal, estás cometiendo un delito.You are committing a crime when you download movies illegally.Copyright © 2025 Curiosity Media Inc. #condition The patella sits at the front of the knee and acts as a fulcrum, increasing the moment arm of the quadriceps pull at the front of the knee to increase the efficiency and power of knee extension. The patella also helps guide the extensor mechanism, keeping it lined up in the middle of the front of the knee. Finally, the back of the patella is covered in a layer of articular cartilage, which makes the contact surfaces very low friction, reducing wear rates. The shape of the patella is complex and the number and direction of the various surrounding soft tissue attachments (muscles/tendons, ligaments, retinaculae) is also complex, and there can be a lot of variation between individuals. One of the factors about the patella that can vary significantly between individuals is the height of the patella, in reference to the level of the knee joint line (the tibiofemoral articulation). If the patella is sitting too high (equivalent to the patellar tendon being too long) then this is called patella alta. If the patella is sitting too low (i.e. a short patellar tendon) then this is patella baja (sometimes referred to as patella infera). It is very difficult to make an accurate clinical assessment of the exact height and position of the patella with respect to the deeper structures of the knee just from looking at or feeling the front of the knee. Part of any full assessment of a knee joint is to get X-rays. X-ray reports (from radiologists) rarely give all that much real detail about the exact appearances of a knee — any decent proper knee specialist will need to actually see the images themselves (not just a report), in order to make a proper detailed assessment. On X-rays, there are various ways of measuring the height of the patella. Probably the best is the Blackburne-Peel index as shown below. The Blackburne-Peel Index.A = the height of the patellaover the level of the tibialjoint line.B = the length of the articularsurface of the patella.The Blackburne-Peel Indexis A / B and should beapproximately 1.0 If the patella is sitting too high then this can cause two main problems: Patellar instability. Increased contact pressures on the articular surface of the patella. Patellar instability As the knee bends, the V-shaped patella glides into a reciprocal V-shaped groove in the front of the femur, called the trochlear groove. The patella is sitting too high, and therefore the knee is not sitting in the groove properly. This causes the knee to be unstable and the patella to move up and down. However, when the knee is straight the patella sits above this groove, and the patella only enters the trochlear groove at about 20 or 30 degrees of knee flexion. Until the patella does actually engage into the trochlear groove, it has the potential to slide sideways, laterally. Hence most patellar dislocations happen when the lower leg is rotated externally (outwards) and the knee is bent outwards (laterally, into valgus) on a knee that is just slightly bent. If the patella is sitting to high (patella alta) then the patella will only engage in the trochlear groove later in the flexion arc (i.e. when the knee is more bent, greater than the normal 20 to 30 degrees). This means that the patella has the potential to be less stable for a greater percentage of time. Furthermore, it is also believed that with patella alta, the fact that the patella tendon is actually longer means that there is a greater "windscreen wiper" effect - i.e. the shorter the patellar tendon the more restricted the potential side-to-side movement of the patella will be, whereas the longer the patellar tendon, the longer the radius of the arc of potential movement, and the more side-to-side movement there can be. A short patellar tendon / low patella. A long patellar tendon / high patella. Normal patellar medial-lateral mobility Increased patellar mobility with patella alta. Increased contact patellar contact pressures A relatively recent and excellent study from Belgium, from Bellemans (a very well known and respected Professor of Orthopaedics) and his team, looked at the contact pressures in the patellofemoral joint in loaded cadaveric knees. They found conclusively that patella alta alters the patellofemoral joint loading patterns and increases the patellofemoral contact pressures. This study has proved what most of us suspected anyway - which is that patella alta puts increased pressures on the kneecap. This can lead to anterior knee pain, an increased rate of wear and tear, and damage to the articular cartilage on the back of the patella, eventually potentially leading to patellofemoral arthritis. Treatment of patella alta If a patient has significant patella alta that is causing specific problems (instability and/or patellofemoral wear/pain) then this can be treated effectively by surgically shifting the patella downwards by however far is necessary to put it into the normal position. This is achieved with an operation called a tibial tuberosity advancement osteotomy. Tibial tuberosity advancement osteotomy is performed under a general anaesthetic with a 1-night post-operative stay in hospital. An incision is made at the front of the knee, directly over the tibial tuberosity. The tibial tuberosity (with the patellar tendon) is cut from the front of the tibia and shifted downwards by however many millimeters is appropriate (as measured in advance from X-rays). The bone of the tibial tuberosity is then fixed back into place in its new position using a screw and a steel wire band. Post-operatively, patients are normally kept minimal weight-bearing with 2 crutches and with their knee in a brace for the first couple of weeks. Then, weight-bearing status is gradually increased. The knee is checked with X-rays, and when the healing of the bone appears to be well under way (normally by about 6 weeks) then the brace and subsequently the crutches are discarded. Then, gym work is commenced, including exercises such as the exercise bike. Most patients are pretty much over the operation by 3+ months post-op. Patient with classicanterior knee painand significantpatella alta(Blackburne-PeelIndex 1.5) Patella repositionedto its correct heightby shifting the tibialtuberosity downwards.The tibial tuberosityis fixed into place with a screw and a steeltension band wire. Tibial tuberosity advancement osteotomy works well at stabilising the patella and reducing patellofemoral contact pressures, pain and cartilage damage. However, it is important to appreciate that it will not reverse whatever cartilage damage might already be present. Tibial tuberosity advancement osteotomy is normally combined with simultaneous knee arthroscopy, so that the whole of the inside of the knee can be checked and in particular, the surfaces of the patellofemoral joint inspected and probed. Any articular cartilage damage can then be tidied up and treated at the same time. Patella Baja / Infera Patella Baja (sometimes called 'Patella Infera') is the opposite of patella alta. With patella baja the patella sits too low down (which is the same as the patellar tendon being too short). This leads to significantly increased patellofemoral contact pressures and very commonly leads to anterior knee pain, increased wear and tear to the articular cartilage, and eventually to articular cartilage damage and then patellofemoral arthritis. Some people are simply born with patella baja. Other potential causes include scarring and contraction of the patellar tendon after specific surgical procedures such as patellar tendon harvest for ACL reconstruction, or total knee replacement surgery. Unfortunately, there are no effective surgical procedures available to treat/cure/reverse patella baja, and treatment effectively consists simply of activity modification (particularly avoiding squats, lunges, heavy weights and running/impact) and symptomatic relief (physiotherapy, anti-inflammatory etc). There are a variety of symptoms that point to patella alta. Instability in your step is a good indicator of a higher kneecap. For example, if you feel unstable while walking or running you may have patella alta. Pain experienced in the kneecap may hint to issues with the location of your patella. However, there are many other patellar conditions in which you may experience a similar sensation and location of pain. The most prominent indication of patella alta is dislocation of the kneecap. The patella can bend higher than normal which can pull the knee out of its groove causing a dislocation. If you have a misaligned patella it can create additional patellar issues because it causes the cartilage to wear down. This condition is widely known as chondromalacia. What are symptoms of patella baja? When a person has patella baja their range of motion is likely much more limited than normal. They may also experience scarring and shortening of the patella baja posterior, meaning back of the knee. Pain from patella baja is most often experienced on the anterior, meaning front and center of your knee. If you're noticing that it takes you a more than normal level of energy to make movements, patella baja may be a potential cause. What causes patella alta? There is no clear explanation for the cause of patella alta. However, there are numerous potential options. Injury to the patella may cause the kneecap to be pulled out of its socket resulting in dislocation. Dislocation can create a high rise kneecap. Some people may have had the condition since birth from a congenital defect. This defect was most likely acquired during the embryonic development of the individual. Tall people with a thin body frame are more prone to patella alta. Along with patella alta, they are more prone to any type of knee complications, including tracking disorders, patellofemoral joint syndrome, and quadricpe tendinitis. What causes patella baja? Along with patella alta, there are a variety of potential causes for patella baja to occur with the kneecap. Cases of patella baja seem to increase after a knee arthroplasty (A resurfacing surgery where metal and plastic parts are used to cover the ends of your knee joint) Fracture of the knee area may cause patella baja Extreme trauma to any ligaments+ or bones related to the anatomy of the knee joint Similarly to patella alta, any type of dislocation of the knee joint Some people may have the condition since birth from a congenital defect How do you treat patella alta? In general, before treatment of either patella alta or baja x rays and MRI scans of the knee will be performed. Patella alta can be treated in a variety of different ways with the goal being restoration of strength and stability for the kneecap. This restoration will help to relieve symptoms of patella alta. Sufficient rest and time off the kneecap will allow for reduced stress, this is especially important for people who began experiencing patella alta after an injury or dislocation. Inflammation and pain can be lessened by the regular application of ice to the kneecap area. Wearing a brace that increases support and compression on the upper portion of the knee will help to stabilize and reduce pain. When looking for a support brace or wrap for patella alta, make sure to find a c or u-shaped buttress that is either adjustable or placed on the top of the kneecap. This is a particularly good option for people hoping to remain active with patella alta. Visiting with a doctor or physical therapist are strongly recommended if you believe you have patella alta. Beyond these methods of treatment, surgery is a potential option for severe cases. If someone is unresponsive to non-invasive treatments several surgical procedures can be performed depending on the individual's condition. How do you treat patella baja / Infera? Unlike patella alta, there are no proven surgical procedures to correct patella baja. However, alternative treatment methods may be practiced to correct patella baja. The goal of treatment is for a restoration of strength and stability of the kneecap. Rest is important to take stress off the kneecap. Along with rest, icing should help to reduce swelling and inflammation of the area. Wearing a brace with an inferior (meaning at the bottom of knee) u-shaped buttress to offer support to the bottom portion of the knee joint will help to stabilize the joint. This is a good option for people who are attempting to remain active in their day to day activities while coping with patella baja. "Alta" is a form of "alta", a noun which is often translated as "discharge form". "Bajas" is a form of "bajar", an intransitive verb which is often translated as "to go down". Learn more about the difference between "alta" and "bajas" below.bajar(1An intransitive verb is one that does not require a direct object (e.g., The man sneezed.).intransitive verba. to go down Baje a recepción y pregúntele al conserje.Go down to reception and ask the concierge.b. to come down ¿Podrías bajar al sótano?Could you come down to the basement?a. to fall Ha bajado el precio de los tomates.Tomato prices have fallen.b. to go down La fiebre no le bajará sin medicación.His fever won't go down without medication.c. to drop Las exportaciones bajaron debido al crac bursátil.Exports have dropped due to the stock market crash.3. (to descend from a vehicle)a. to get off Baja en la siguiente estación y ya estás en el centro.Get off at the next station, and you are downtown.b. to get out Baja en cuanto me pare en el semáforo.Get out as soon as I stop at the lights.A transitive verb is a verb that requires a direct object (e.g., I bought a book.).transitive verba. to go down Bajen la escalera con cuidado. Hay un escalón roto.Be careful going down the stairs. One of the steps is broken.b. to come down ¡Ten cuidado al bajar las escaleras, abuelo!Be careful when coming down the stairs, Grandpa!.a. to get down ¿Me puede bajar la bolsa del compartimento?Could you get my bag down from the compartment?b. to take down ¿Me bajarías ese libro de la estantería?Would you take that book down from the shelf for me?c. to lower Por favor baje las persianas; hay demasiada luz.Please lower the blinds; there is too much light.a. to lower Tenemos que bajar nuestros gastos para ahorrar para la boda.We have to lower our expenses to save for the wedding.b. to turn down Si no bajan la música, nos vamos a otro bar.If they don't turn the music down, we'll go to another bar.c. to bring down La manera más eficaz de bajar la fiebre es darse un baño con agua fría.The most effective way to bring down a fever is taking a cool bath.d. to reduce El ejercicio bajará tus niveles de colesterol.Exercise will reduce your cholesterol levels.a. to download Cuando bajas películas de manera ilegal, estás cometiendo un delito.You are committing a crime when you download movies illegally.Copyright © 2025 Curiosity Media Inc.