

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUSP181 - Understand the principles of soft tissue dysfunction

Total contact tuition hours proposed: 15

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory Session	<ul style="list-style-type: none"> College rules and regulations College mission statement VTCT (ITEC) rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Understand soft tissue dysfunction			
Differentiate between soft tissue injury and dysfunction	<ul style="list-style-type: none"> Dysfunction <ul style="list-style-type: none"> Mechanical derangement in the absence of injury Altered or impaired function of the body framework (somatic) system (skeletal, arthrodial, myofascial structures) Injury <ul style="list-style-type: none"> Disruption of bony, cartilaginous and soft tissue structures (fractures, tears, sprains, strains) 	<ul style="list-style-type: none"> Whiteboard Learning apps Books Internet Handouts Lecture Q&A Homework Test 	7.5
Explain the types of soft tissue injuries	<ul style="list-style-type: none"> Acute Chronic Overuse Sprains (grades I-III) 		

	<ul style="list-style-type: none"> • Strains (grades I-III) • Fracture-associated soft tissue injuries • Bursitis • Contusion • Dislocation • Cuts • Abrasions • Burns • Gashes • Lacerations • Puncture wounds • Compartment syndromes • Skin 		
Describe common causes of soft tissue injury	<ul style="list-style-type: none"> • Intrinsic • Extrinsic • Acceleration • Deceleration • Stretching • Tensile stress • Torsional stress • Blow • Compression • Overuse • Repetition • Underlying pathology 		
Differentiate between the severity of injuries	<ul style="list-style-type: none"> • Characteristics • Signs • Symptoms • Sprains <ul style="list-style-type: none"> - Grades I-III • Strains <ul style="list-style-type: none"> - Grades I-III • Fractures <ul style="list-style-type: none"> - Partial - Complete - Closed (simple) - Open (compound) - Comminuted - Greenstick 		

	<ul style="list-style-type: none"> - Spiral - Transverse - Impacted - Displaced - Non-displaced - Stress - Avulsion - Pathologic • Cartilage damage and tears <ul style="list-style-type: none"> - Meniscal - Glenoid labrum - Chondromalacia patellae - Bursitis - Contusion - Dislocation - Neurological - Superficial and deep wounds 		
Describe common causes of soft tissue dysfunction	<ul style="list-style-type: none"> • Posture • Inactivity • Old injury • Body composition • Work • Stress • Muscle hypertonicity/hypotonicity • Fascial torsion and stress • Occupation • Repetition • Habitual behaviour • Underlying pathology • Impaired circulation (blood and lymph) • Impairment to joint mechanics • Postural deformity • Lifestyle • Body composition • Stress 		
Describe signs and symptoms of soft tissue dysfunction	<ul style="list-style-type: none"> • Postural deformity • Impaired quality and range of motion • Muscle weakness and atrophy • Local and radicular pain 		

	<ul style="list-style-type: none"> • Referred pain • Tenderness on palpation • Tissue texture changes • Asymmetry • Myofascial hypertonicity/hypotonicity • Trigger points 		
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2. Understand the process of repair of soft tissue			
Describe the process of soft tissue repair	<ul style="list-style-type: none"> • Cardinal signs of inflammation <ul style="list-style-type: none"> - Pain - Redness - Swelling - Heat - Loss of or impaired function • Superficial (epidermal) wound healing <ul style="list-style-type: none"> - Migration of epidermal cells - Contact inhibition - Cell division • Deep wound healing <ul style="list-style-type: none"> - Inflammatory (acute) phase - Proliferative (sub-acute) phase - Remodelling phase 	<ul style="list-style-type: none"> • Whiteboard • Learning apps • Books • Internet • Handouts • Lecture • Q&A • Homework • Test 	7.5
Describe factors that may influence soft tissue repair	<ul style="list-style-type: none"> • Treatment • Activity • Response to acute, inflammatory phase • Rest • Active rest • Stretches • Rehabilitation programme • Compliance • Nutrition • Age • Medication • General health • Underlying pathology • Lifestyle factors 		
Explain the importance of the inflammatory process	<ul style="list-style-type: none"> • Importance of inflammatory process • Therapeutic inflammation 		

	<ul style="list-style-type: none"> • Response to tissue damage and injury • Aids disposal of microbes, toxins, foreign materials • Prevents spread of invading materials • Prepares injured site for tissue repair 		
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Document History

Version	Issue Date	Changes	Role
v1	26/09/2019	First published	Qualifications Administrator