

# 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:** iUSP193 - Treatment modalities to support soft tissue repair

**Total contact tuition hours proposed:** 20

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>VTCT (ITEC) rules and regulations</li> <li>Health &amp; safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>1. Understand treatments to support soft tissue repair</b>			
Explain the aims of treatments to support soft tissue repair during the acute stage of injury	<ul style="list-style-type: none"> <li>Protection</li> <li>Limitation of bleeding and swelling</li> <li>Reassurance</li> <li>Advice</li> <li>Reduction of pain</li> <li>Pain and stiffness prevention</li> <li>PRICE treatment</li> <li>Cryotherapy</li> <li>First aid</li> <li>Maintenance</li> </ul>	<ul style="list-style-type: none"> <li>Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Handout</li> <li>Internet</li> <li>Learning apps</li> <li>Books</li> <li>Homework</li> <li>Test</li> </ul>	10

Describe the treatment protocols to use with clients during the acute stage of injury	<ul style="list-style-type: none"> <li>• Reduction of inflammation (48-72 hours)</li> <li>• Screening and waiver forms</li> <li>• Referrals</li> <li>• Cold packs</li> <li>• Ice cups</li> <li>• Sprays</li> <li>• Nutritional recommendations</li> </ul>		
Explain the aims of treatment to support soft tissue repair during the sub-acute stage of injury	<ul style="list-style-type: none"> <li>• Early repair phase (cellular proliferation phase)</li> <li>• New tissue</li> <li>• Gradual re-education of movement</li> <li>• Restoration of proprioceptive mechanisms</li> <li>• Increased mobility of joint and soft tissue</li> <li>• Increased power of muscles</li> <li>• Maintenance of aerobic fitness</li> <li>• Days to weeks of a timeframe</li> </ul>		
Explain which treatment options support the sub-acute stage of injury	<ul style="list-style-type: none"> <li>• Cryotherapy strategies</li> <li>• Contrast bathing</li> <li>• Strapping and taping</li> <li>• Sports equipment intervention</li> <li>• Stretching techniques</li> <li>• Fibroblasts</li> <li>• Collagen</li> <li>• Mobility to pain free exercise</li> </ul>		
Explain the aims of treatments to support soft tissue repair during the chronic stage of injury	<ul style="list-style-type: none"> <li>• Gradual onset</li> <li>• Repetitive strains</li> <li>• Adaptive lifestyles/skill</li> <li>• Optimal repair and scar tissue formation</li> <li>• Gradual restoration of confidence in using affected area</li> <li>• Restoration of function</li> <li>• Progressive overload of intensity</li> <li>• Prevention of re-occurrence</li> </ul>		
Explain which treatment options support the chronic stage of injury	<ul style="list-style-type: none"> <li>• Thermotherapy strategies</li> <li>• Faradic</li> <li>• Functional training</li> <li>• Hydrotherapy</li> <li>• Remedial massage</li> <li>• Fitness testing</li> </ul>		

2. Understand the use of cryotherapy during soft tissue repair			
Explain the physiological and neurological effects of using ice during soft tissue repair	<ul style="list-style-type: none"> <li>• Relief of pain</li> <li>• Constriction of blood vessels</li> <li>• Reduction of swelling</li> <li>• Reduction of metabolism</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	5
Describe methods of applying cryotherapy during soft tissue repair	<ul style="list-style-type: none"> <li>• Ice               <ul style="list-style-type: none"> <li>- Crushed</li> <li>- Ice cube</li> <li>- Ice cup</li> <li>- Ice bath</li> <li>- Frozen peas</li> </ul> </li> <li>• Gel pack</li> <li>• Chemical cold pack</li> <li>• Cold spray</li> <li>• Cooling gel</li> <li>• Compression units</li> <li>• Barrier layer between application and skin</li> </ul>		
Identify contra-indications to cryotherapy	<ul style="list-style-type: none"> <li>• Contra-indications to sports massage</li> <li>• Decreased or problematic circulation</li> <li>• Diabetes</li> <li>• Allergies</li> <li>• Superficial nerves</li> <li>• Limited timeframes to areas with low body fat</li> <li>• Overtreatment</li> <li>• Children and elderly</li> <li>• Broken skin</li> </ul>		
Describe adverse reactions to cryotherapy	<ul style="list-style-type: none"> <li>• Decrease local metabolic rates</li> <li>• Vasoconstriction</li> <li>• Local anaesthesia</li> <li>• Angina or heart problems</li> <li>• Cold burn</li> <li>• Skin irritations</li> </ul>		
Explain actions to take in the event of an adverse reaction	<ul style="list-style-type: none"> <li>• Medical intervention if necessary</li> <li>• Removal of cryotherapy treatment</li> <li>• Treatment for a burn</li> </ul>		

3. Understand the use of heat treatments during soft tissue repair			
Explain the physiological and neurological effects of using heat during soft tissue repair	<ul style="list-style-type: none"> <li>• Increased elasticity of collagen fibres</li> <li>• Pain relief</li> <li>• Vasodilation and increased blood flow</li> <li>• Increased local metabolic rate</li> <li>• Relaxation of muscle tension</li> <li>• Improvement of neuro-muscular response</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	5
Describe methods of applying heat during soft tissue repair	<ul style="list-style-type: none"> <li>• Heat pad</li> <li>• Infra-red lamp</li> <li>• Heat spray</li> <li>• Lotions</li> <li>• Balms</li> <li>• Paraffin wax</li> </ul>		
Identify contra-indications to heat treatments	<ul style="list-style-type: none"> <li>• Any contra-indications to sports massage</li> <li>• Circulation and cardiac issues</li> <li>• Acute injury</li> <li>• Implanted pins</li> <li>• Plates or pacemaker</li> <li>• Swollen or inflamed joints</li> <li>• Pregnancy</li> <li>• Jewellery</li> </ul>		
Describe adverse reactions to heat treatments	<ul style="list-style-type: none"> <li>• Prickly heat</li> <li>• Skin irritations</li> <li>• Burning</li> <li>• Dizziness</li> <li>• Vasodilation</li> </ul>		
Explain actions to take in the event of an adverse reaction	<ul style="list-style-type: none"> <li>• Thermal testing</li> <li>• Time and intensity restrictions</li> <li>• Screening</li> <li>• First aid</li> <li>• Medical intervention</li> </ul>		

**Document History**

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