|  |  |  |
| --- | --- | --- |
|  | **Understand the principles of soft tissue dysfunction (Y/506/7223)** |  |

|  |
| --- |
| **Worksheet** |

Learner’s name:

|  |  |  |
| --- | --- | --- |
| 1. Outline 4 differences between soft tissue injury and soft tissue dysfunction: | | |
| Soft tissue injury | | Soft tissue dysfunction |
| a) | |  |
| b) | |  |
| c) | |  |
| d) | |  |
| 2. Describe the following types of soft tissue injuries: | | |
| Sprain |  | |
| Strain |  | |
| 3. Outline 2 pieces of information which the client needs before they can provide their informed consent. | | |
| a) | | b) |
| 4. Outline 4 extrinsic causes of soft tissue injury | | |
| a) | | b) |
| c) | | d) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5. Other than potential pain levels, give 2 differences between a grade 1 and a grade 3 strain. | | | | |
| Grade 1 strain | | | Grade 3 strain | |
| a) | | |  | |
| b) | | |  | |
| 6. Describe 2 signs/symptoms of soft tissue dysfunction. | | | | |
| a) | | | b) | |
| 7. Describe the 3 stages of soft tissue repair in terms of: | | | | |
| Name | Approximate duration | Signs and symptoms | | Pathology |
|  |  |  | |  |
|  |  |  | |  |
|  |  |  | |  |
| 8. Outline 2 factors that may assist the soft tissue repair process. | | | | |
| a) | | | b) | |

|  |  |
| --- | --- |
| 9. Outline 2 factors that may impede the soft tissue repair process. | |
| a) | b) |
| 10. Explain why inflammation is a critical part of the soft tissue repair process. | |
|  | |

**Assessor feedback sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s name: |  | Assessor’s name: |  |

|  |  |
| --- | --- |
| **Criteria number** | **Assessor feedback** |
|  |  |

**Final result**: Pass Refer

I can confirm that the information within this worksheet is entirely my own work.

|  |  |  |  |
| --- | --- | --- | --- |
| Learner’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| Assessor’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| IAQ’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |