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

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| **Worksheet** |

Learner’s name:

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| 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) |

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| 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) |

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| 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. |
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**Assessor feedback sheet**

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

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| **Criteria number** | **Assessor feedback** |
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**Final result**: Pass Refer

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

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| 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* |