



Understand the principles of soft tissue dysfunction

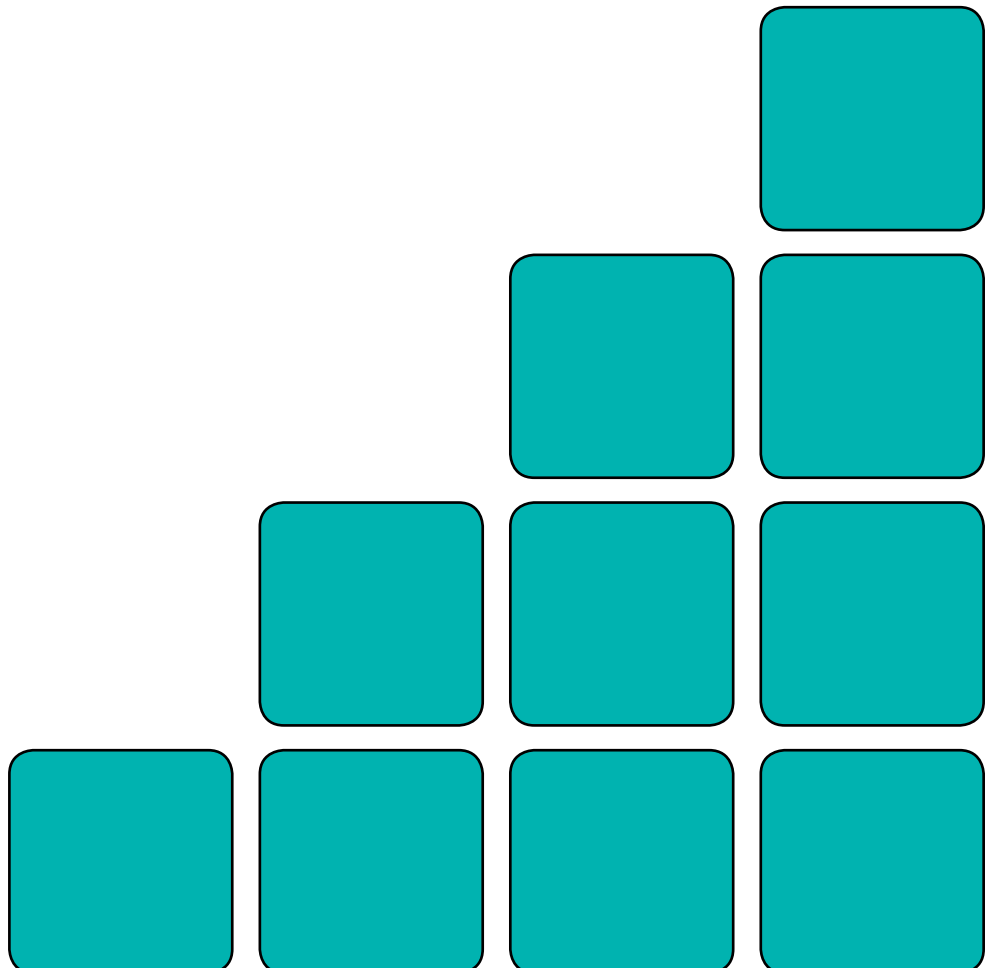
USP43

Y/506/7223

Learner name:

Learner number:

VRQ





VTCT is the specialist awarding organisation for the Hairdressing, Beauty Therapy, Complementary Therapy, Hospitality and Catering and Sport and Active Leisure sectors, with over 50 years of experience.

VTCT is an awarding body regulated by national organisations including Ofqual, SQA, DfES and CCEA.

VTCT is a registered charity investing in education and skills but also giving to good causes in the area of facial disfigurement.

Statement of unit achievement

By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

Unit code	Date achieved	Learner signature	Assessor initials	IV signature (if sampled)

Assessor tracking table

All assessors using this Record of Assessment book must complete this table. This is required for verification purposes.

[illegible]

USP43

Understand the principles of soft tissue dysfunction

The aim of this unit is to develop your knowledge and understanding of soft tissue injury and dysfunction. This will include the differences between injury and dysfunction, covering the different types, causes and symptoms of each. In addition, you will explore the process of soft tissue repair, factors that may influence the repair process and the importance of the inflammatory process.

Level

3

Credit value

3

GLH

15

Observation(s)

0

External paper(s)

0



Understand the principles of soft tissue dysfunction

Learning outcomes

On completion of this unit you will:

1. Understand soft tissue dysfunction
2. Understand the process of repair of soft tissue

Evidence requirements

1. *Knowledge outcomes*

There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.

2. *Tutor/Assessor guidance*

Your tutor/assessor **must** adhere to the '**Assessment Guidance and Evidence Requirements**' for this unit. This can be found under documents on the relevant qualification page at www.vtct.org.uk.

You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.

3. *External paper*

There is no external paper requirement for this unit.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

Tutor/assessor guidance

Your tutor/assessor **must** adhere to the '**Assessment Guidance and Evidence Requirements**' for this unit. This document will give guidance for the tutor/assessor on breadth and depth of content that must be covered in this unit. This can be found under the documents tab on the relevant qualification page at www.vtct.org.uk.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Understand soft tissue dysfunction

You can:	Portfolio reference
a. Differentiate between soft tissue injury and dysfunction	
b. Explain the types of soft tissue injuries	
c. Describe common causes of soft tissue injury	
d. Differentiate between the severity of injuries	
e. Describe common causes of soft tissue dysfunction	
f. Describe signs and symptoms of soft tissue dysfunction	



Learning outcome 2

Understand the process of repair of soft tissue

You can:	Portfolio reference
a. Describe the process of soft tissue repair	
b. Describe factors that may influence soft tissue repair	
c. Explain the importance of the inflammatory process	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Understand soft tissue dysfunction

Soft tissue injury and dysfunction:

Definitions, soft tissue injury (damage to any biological tissue except for bone), dysfunctional tissue (non-pathological, free from disease, non-injured, aches and pains, areas of scar tissue, tense areas, postural ischemia, free from inflammation).

Types of soft tissue injuries: Strain of muscle or tendon, ligament sprain, overuse (tendinopathy, bursitis), muscle cramp, delayed onset muscle soreness (DOMs), skin (cut, abrasion, blister, friction burn), contusions, haematoma (intra/intermuscular).

Common causes of soft tissue injury:

Intrinsic (lack of physical preparation, overuse, muscle imbalance, individual variables, postural defects), extrinsic (trauma or impact, pressure, friction, environmental factors, equipment, clothing and footwear).

Severity of injuries: Grades of injury (1-3), characteristics of each grade, signs of each grade, symptoms of each grade.

Common causes of soft tissue

dysfunction: Poor posture, inactivity, previous injury, body composition, lifestyle, work, stress, repetitive movement, sport.

Signs and symptoms: Signs (postural defects, muscular imbalance, joint instability, decreased mobility, bruising, deformation), symptoms (aches, pains, tightness, stiffness, weakness).

Learning outcome 2: Understand the process of repair of soft tissue

Process of soft tissue repair: Acute stage (protection/homeostasis phase), sub-acute stage (repair phase), late stage (remodelling phase), chronic phase (ongoing repair and remodelling), acute on chronic (flare-up), therapeutic inflammation.

Influencing factors: Treatment, rest, activity, stretching, strengthening, nutrition, age, medication.

Importance of inflammatory process:

To defend against harmful substances, to dispose of dead or dying tissue, to promote the repair and renewal of normal tissue, therapeutic inflammation.

Notes

Use this area for notes and diagrams