

Explain the principles of Soft Tissue Dysfunction

To include:

- 1. The difference between Soft Tissue Injury and Dysfunction**
- 2. Common causes of both Soft Tissue Injury and Dysfunction**
- 3. Factors that may influence Soft Tissue repair**

Each section should be no less than 250 words minimum
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Analysis of findings may be presented in any of the following formats and may include some ICT:

- ☐ Written word
- ☐ Chart
- ☐ Spider diagram
- ☐ Graph
- ☐ Other pictorial presentation

Note. In the following tables:

Criteria – This section forms the answer and you should include this information in your write up.

Website sources – are provided with an intention to give students resources so as to aid their answer.

Remember: Please do not copy text word for word. The completed articles must be original and written by you.

You are also encouraged to do searches on Google Scholar - <http://scholar.google.co.uk/>

1. The difference between soft tissue injury and dysfunction

Q. What are the difference between soft tissue injury and dysfunction?

In your answer you may want to consider including:

Criteria	Website sources
Differentiate between soft tissue injury and dysfunction 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).	http://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&ved=0CDMQFjAC&url=http%3A%2F%2Fwww.iaaf.org%2Fdownload%2Fdownload%3Ffilename%3Dabc15012-7233-41f3-9ff2-2480dd2ebdd1.pdf%26urlslug%3DChapter%25209%253A%2520Soft%2520tissue%2520damage%2520and%2520healing&ei=noIOVeX_J8HcUde8gKAG&usq=AFQjCNEEBldjXtpGB9PEbZncrGbZ21_MJA&bvm=bv.92885102,d.d24

2. Common causes of both soft tissue injury and dysfunction

Q. What are the common causes of both soft tissue injury and dysfunction?

In your answer you may want to consider including:

Criteria	Website sources
<p>Common causes of soft tissue dysfunction Posture, Inactivity, Old injury, Body composition, Work, Stress, Muscle hypertonicity / hypotonicity, Fascial torsion and stress, Occupation, Repetition movements, Habitual behaviour, Underlying pathology, Impaired circulation (blood and lymph), Impairment to joint mechanics, Postural deformity, Lifestyle, Body composition, Stress</p>	http://en.wikipedia.org/wiki/Soft_tissue_injury
<p>Signs and symptoms of soft tissue dysfunction Postural deformity, Impaired quality and range of motion, Muscle weakness and atrophy, Local and radicular pain (nerve pain), Referred pain, Tenderness on palpation, Tissue texture changes, Asymmetry, Myofascial hypertonicity / hypotonicity, Trigger points</p>	http://www.hendricksonmethod.com/wp-content/uploads/2011/07/HMI_BookExerpts.pdf https://www2.aofoundation.org/wps/portal/!ut/p/a0/04_Sj9CPykssy0xPLMnMz0vMAfGjzOKN_A0M3D2DDbz9_UMMDRyDXQ3dw9wMDAx8jfULsh0VAdAsNSU!/?bone=Femur&segment=Shaft&soloState=lyteframe&contentUrl=srg/popup/further_reading/PFxM2/16_Sft-tiss_injry.jsp
<p>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).</p>	http://sma.org.au/resources-advice/injury-fact-sheets/soft-tissue-injuries/
<p>Differentiate between the severity of injuries</p> <ul style="list-style-type: none"> • Grades of injury (1-3) • Characteristics of each grade • Signs of each grade • Symptoms of each grade 	http://www.betterhealth.vic.gov.au/Bhcv2/bh/articles.nsf/pages/Sprains_and_strains?open http://www.3m.com.au/intl/au/nexcare/injury_types.html

3. Factors that may influence soft tissue repair

Q. What factors that may influence soft tissue repair?

In your answer you may want to consider including:

Criteria	Website sources
<p>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.</p> <p>Influencing factors: Treatment, rest, activity, stretching, strengthening, nutrition, age, medication.</p> <p>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.</p>	<p>http://physioworks.com.au/treatments-1/what-are-the-phases-of-a-soft-tissue-injury</p> <p>http://www.researchgate.net/publication/232172628_The_Basics_of_Soft_Tissue_Healing_and_General_Factors_that_Influence_Such_Healing</p> <p>http://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&ved=0CFYQFjAH&url=http%3A%2F%2Fhighered.mheducation.com%2Fsite%2Fdl%2Ffree%2F0078022649%2F998035%2FPrentice15e_Chap10.pdf&ei=fY9OVZ7sJ4auU8gEgbAC&usg=AFQjCNGuf7aLqL89kOah1LiV7La8Xtl7Xw&bvm=bv.92885102,d.d24</p>