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# Learner Workbook

## **iUSP193** – Treatment Modalities to Support Soft Tissue Repair

This workbook can help you to prepare for assessment for the following units:

<b>iUSP193 - Learning Outcomes</b>
Learners will:
<ol style="list-style-type: none"><li>1. Understand treatments to support soft tissue repair</li><li>2. Understand the use of cryotherapy during soft tissue repair</li><li>3. Understand the use of heat treatments during soft tissue repair</li></ol>



**Learner name:** \_\_\_\_\_

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# Introduction

Please provide detailed answers to all the questions in this workbook. You can refer to your notes to complete the answers:

**Other sources of information and guidance for the potential answers include:**

- The unit manuals
- The PowerPoint presentations used by the tutor
- Other relevant and credible information sources, e.g. books, textbooks, professional journals and associations

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# 1 - Treatments to support soft tissue repair

1. Describe the 3 phases of soft tissue repair, including time scales involved.

Repair phase	Description	Time scales
Acute or inflammatory phase		
Repair, regeneration or proliferation phase		
Remodelling		

2. List and describe the factors that may influence soft tissue repair.

3. Explain the importance of the inflammatory process.

4. Explain the aims of treatments and treatment options to support soft tissue repair during the acute stage of injury.

Aims of treatment	Treatment options

5. Describe treatment protocols to use with clients during the acute stage of injury.

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6. Explain the aims of treatments to support soft tissue repair during sub-acute stage of injury.

7. Explain which treatment options support the sub-acute stage of injury.

8. Describe treatment protocols to use with clients during the sub-acute stage of injury.

Treatment	Protocols

9. Explain the aims of treatments to support soft tissue repair during the chronic stage of injury.

10. Explain which treatment options support the chronic stage of injury.

11. Describe treatment protocols to use with clients during the chronic stage of injury.

Treatment	Protocols

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## 2 - Understand the use of cryotherapy during soft tissue repair

12. Explain the physiological and neurological effects of using ice during soft tissue repair.

Physiological	Neurological

13. Describe methods of applying cryotherapy during soft tissue repair.



14. Identify contra-indications and precautions to cryotherapy.

Contra-indications	Precautions

15. Describe adverse reactions to cryotherapy and explain the actions to take in the event of an adverse reaction.

Adverse reactions	Actions to be taken

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### 3 - Understand the use of heat treatments during soft tissue repair

16. Explain the physiological and neurological effects of using heat during soft tissue repair.

Physiological	Neurological

17. Describe methods of applying heat during the soft tissue repair process.

18. Identify contra-indications and precautions to heat treatments.

Contra-indications	Precautions

19. Describe adverse reactions to heat treatments and explain the actions to take in the event of an adverse reaction.

Adverse reactions	Actions to be taken