

Disorders of Soft Tissue

Course Description:

Persons presenting with pain, loss of mobility and function often require the expertise of a therapist to treat underlying soft tissue disorders. "Disorders of Soft Tissue" will provide the therapist with an introduction to various problems seen in the clinic including: soft tissue injuries (strains, sprains, and myofascial compartment syndromes), connective tissue disease, polymyalgia rheumatica, myopathy, and myofascial pain dysfunction. Content includes definition, incidence, risk factors, pathogenesis, and clinical manifestations for each area. Several sections also include special implications for the treating therapist based on the PT Preferred Practice Patterns.

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Course Objectives:

Course Participants will be able to:

A. Describe soft tissue injuries including

1. Strain
2. Sprain
3. Tendon injury
4. Muscle injury
5. Myofascial compartment syndromes
6. Dislocation and subluxation

B. Connective tissue disease

1. Describe various designations of connective tissue disease and incidence
2. Describe etiology and risk factors associated with connective tissue disease
3. Describe clinical manifestations of connective tissue disease
4. Understand medical management of connective tissue disease including disease, treatment and prognosis

C. Polymyalgia rheumatica (PMR)

1. Describe incidence and risk factors associated with PMR
2. Describe etiology and pathogenesis of PMR
3. Describe clinical manifestations of PMR
4. Understand medical management of PMR including diagnosis, treatment and prognosis
5. Describe implications for treating therapists

D. Myopathy

1. Define myopathies classified as hereditary or acquired
2. Describe etiology and pathogenesis of myopathy
3. Describe clinical manifestations of myopathy
4. Understand medical management of myopathy including diagnosis, treatment and prognosis
5. Describe implication for the therapists based on PT Preferred Practice Patterns

E. Myofascial Pain Dysfunction

1. Describe etiologic and risk factors associated with myofascial pain dysfunction
2. Describe pathogenesis of myofascial pain dysfunction
3. Describe clinical manifestations of myofascial pain dysfunction
4. Describe medical management of myofascial pain dysfunction diagnosis and treatment with special attention to steps of diagnosis of myofascial trigger points and guidelines in myofascial intervention.
5. Describe implication for the therapists based on PT Preferred Practice Patterns

CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.