

MVA Active Rehabilitation 101 Understanding Soft Tissue Injuries (MAR 101)

Version: February 27, 2014

While each soft-tissue injury is unique, there are standards that parties should be alive to. For the injured party and their counsel, to determine what is the best course of action to take on order to mitigate their injuries. For insurance companies and their counsel, to determine what are the cost effective solutions that they should authorize to get the most out of rehabilitation costs.

Learning Outcomes:

1. Learn about principles of active rehabilitation as it applies to soft-tissue injuries;
2. Identify what the musculoskeletal areas that should be the focus of assessments;
3. Using normative values understand what the appropriate amount of rehabilitation exercises should be;
4. Identify what makes for an effective initial assessment report; and
5. Develop best practices to mitigate injuries or to maximize rehabilitation costs.

Course Pre-requisite

This workshop is open to those who work or have worked in a law firm setting and have some exposure to medico-legal terminologies. Learners are encouraged to bring their electronic devices to the workshop. The suggested attire for the day is comfortable clothes (ie *athletic wear*) as learners will be doing a number of physical activities.

Primary Teaching Tools

The learning outcomes will be achieved by providing learners with:

1. Pre-course work (to review medical related issues);
2. Mini-lectures;
3. In-class cases augmented by debates;
4. Handouts (there will not be any syllabus);
5. Post-course essay on best practices.

Staff

Cat Lowe, BHK kinesiologist and facilitator
Dom Bautista, course designer

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Course Outline

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- 9:00 Introductions/Expectations/Housekeeping
- 9:15 Background and Applicable Legislation
- 9:30 Principles of active rehabilitation for soft tissue injuries
- 9:45 Musculoskeletal areas that should be the focus of assessments
- 10:00 What makes for an appropriate amount of rehabilitation exercise?
- 10:10 Activity: Effective initial subjective assessments
- 11:10 Coffee
- 11:25 Begin drafting initial assessment report (subjective component)
- 11:40 Activity: Effective initial objective assessments
- 12:25 Break
- 1:00 Activity: Complete drafting initial assessment report (objective component)
- 1:30 Show & Tell: Let us compare what we drafted
- 2:15 Questions/Review Post Course Work

Mark Summary Sheet

Student Name: _____

Course: MVA Active Rehabilitation 101 Understanding Soft Tissue Injuries (MAR 101)

Date of Course: _____

Summary of Marks:

Participation (50%) _____

Pre-Course Work (10%) _____

Post-Course Work (40%) _____

Minus 5% per day late demerit (if applicable) _____

Total _____ **/100%**

Remarks

For continuing professional development reporting purposes to the Law Society of British Columbia, this course is 5.0 hours including 0 hours in professional responsibility and ethics, client care and relations and practice management.

The Certificate of Completion indicates that you attended the course, participated in the discussions, completed the pre and post course work and achieved a minimum mark of 70%.

Pre-Course Work

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The pre-course work will assist you in getting acquainted with the subject material. It will also enable you to engage in the courses in a more fulfilling and effective manner.

Please submit your pre-course work at the start of each day.

Using the diagrams set out in the next four pages, identify the main muscular, soft tissue and/or bony structures of each body part. (10 marks)

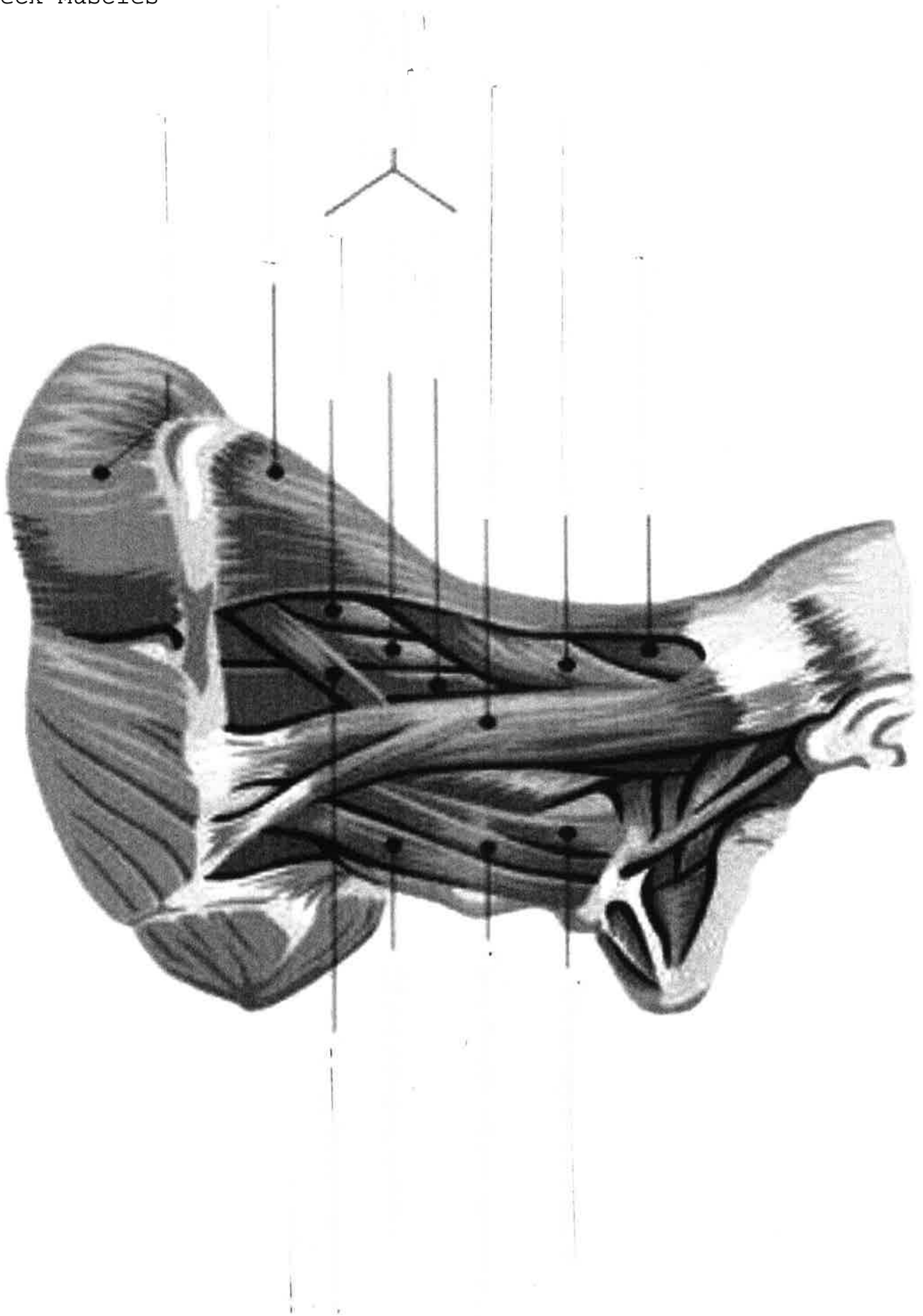
You may use any resource, or you may view the following videos in YouTube:

- a. Neck: http://www.youtube.com/watch?v=RNUpMNd_u1U
- b. Shoulder: <http://www.youtube.com/watch?v=D3GVKjeY1FM>
- c. Back and spine: <http://www.youtube.com/watch?v=0qR-Yfw9fOI>
- d. Hip and leg: <http://www.youtube.com/watch?v=qlCvKEOZtpo>

Section B: Post-Course Work

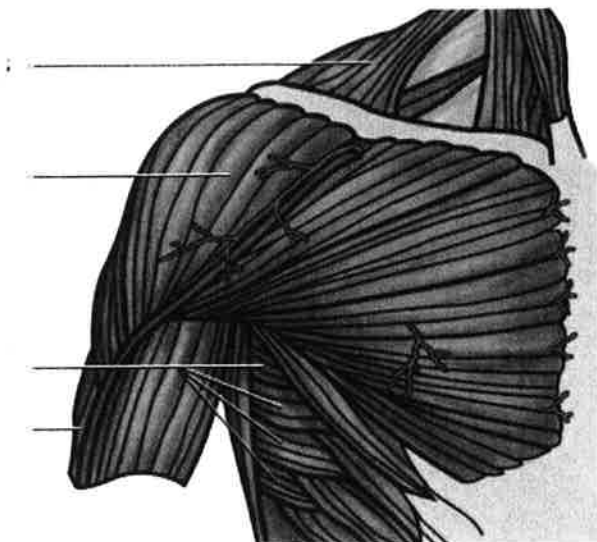
- A. Submit your final discharge report (20 marks)
- B. Draft a memo outlining best practices that your firm should adopt to mitigate injuries or to maximize rehabilitation costs. (20 marks)

Neck Muscles

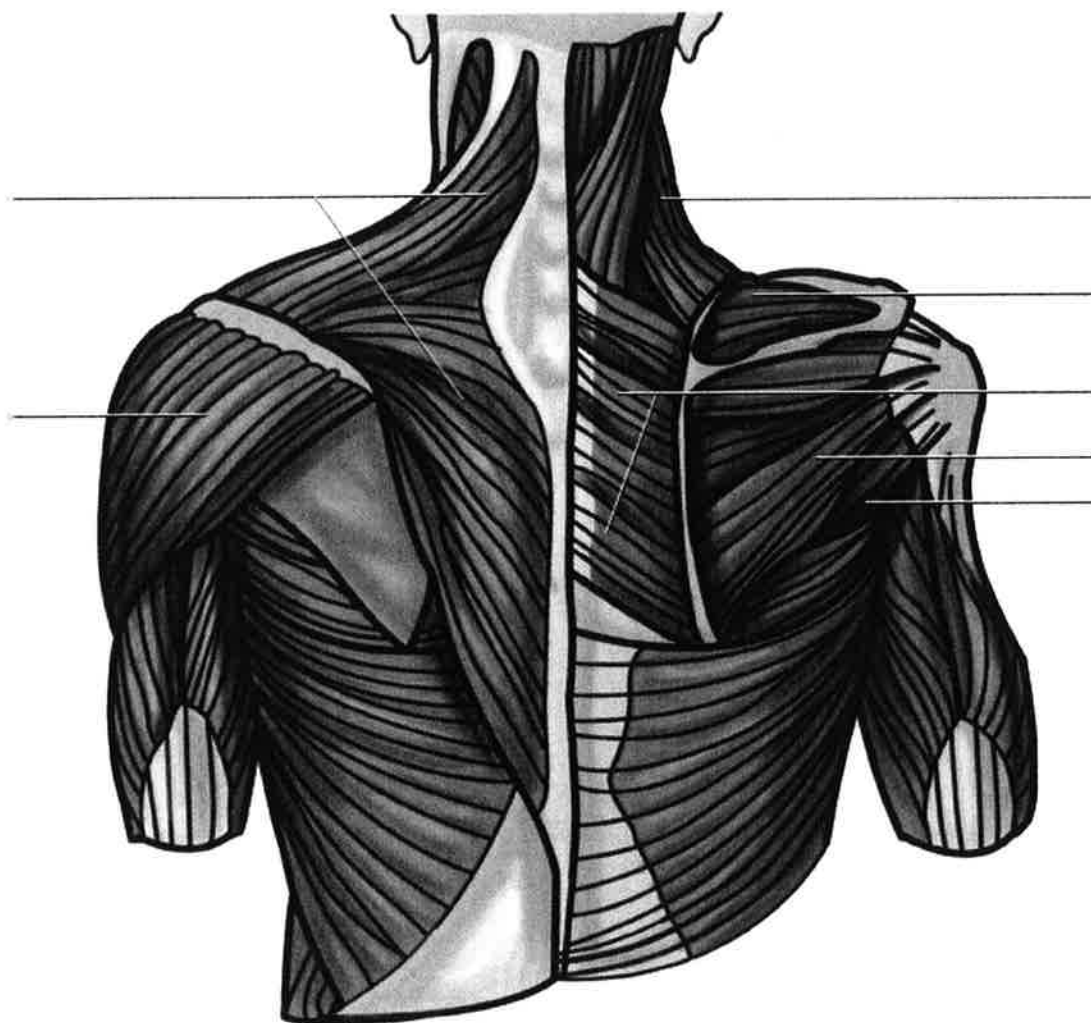
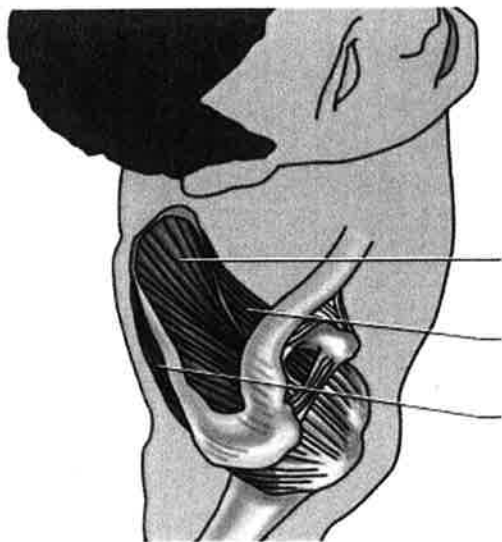


Shoulder Muscles

Anterior



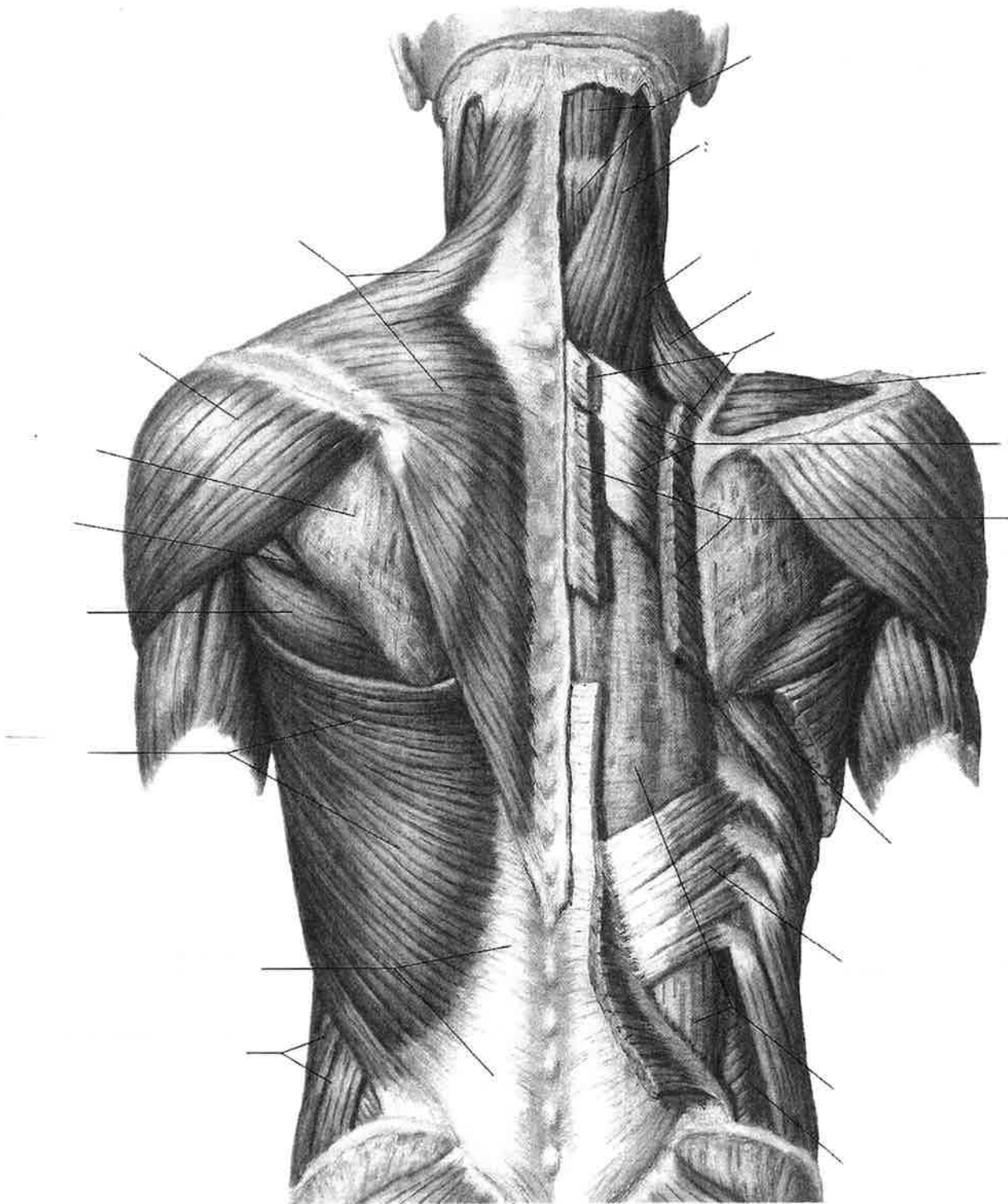
Superior



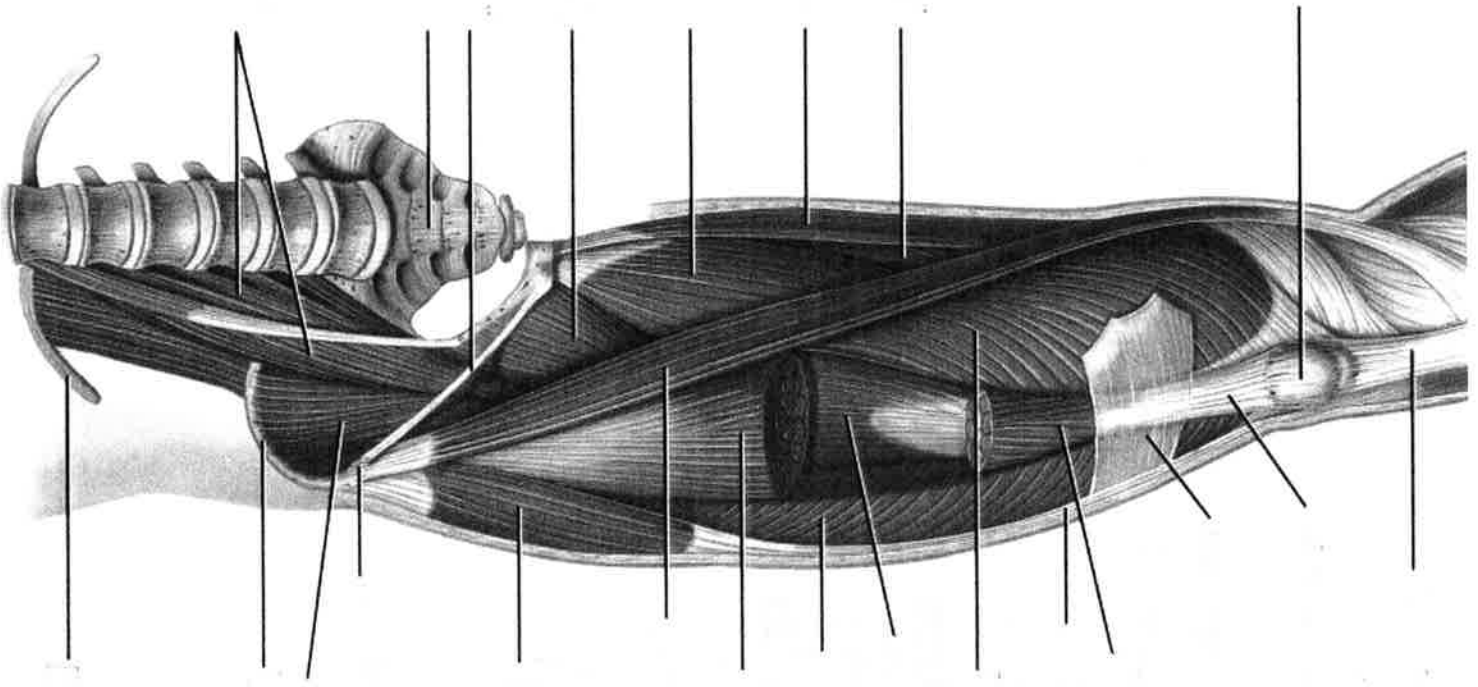
Posterior, Superficial muscles

Posterior, Deep muscles

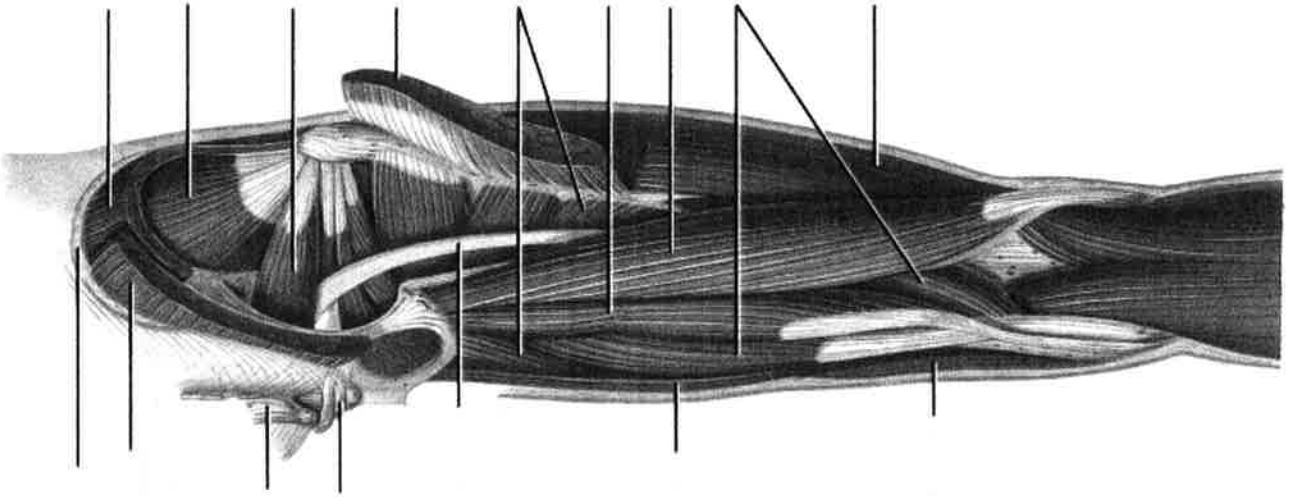
Back and Spine Muscles



Hip and Leg Muscles



(a) Anterior superficial view



(b) Posterior superficial view