

## Scope Of Practice



This online course, authored by Dr Claire Minshull with contributions from leading professionals from fields of Psychology, Physical Activity and Physiotherapy, will provide a general overview of the facts, figures and general processes associated with musculoskeletal (MSK) conditions, the defined pathways of treatment within the NHS and, where you can contribute as an Injury-Aware Personal Trainer (iPT).

### Learning Outcomes:

By the end of this workshop, you should:

1. Have an awareness of the financial and societal impact of MSK conditions
2. Have a basic understanding of the prevalence of MSK conditions such as low back pain, osteoarthritis and work-related MSK disorders
3. Understand the generic NHS treatment pathways for MSK conditions
4. Understand the implications inactivity on MSK health and function
5. Understand your role and scope of practice
6. Be able to employ techniques of reflective practice to improve your practice



## About the Course

The course is split into 5 separate and manageable units, which you can complete at your leisure. Within each unit there is a list of recommended reading for you to compete as self-study.

This is an essential module that you must complete if you are working towards your Injury-Aware Personal Trainer (iPT), or Injury-Aware Personal Trainer <sup>PLUS</sup> (iPT <sup>PLUS</sup>) certification. It provides the background to and necessity for our development of the iPT certification and the framework for your operation as an iPT - specifically the dos, don'ts and hows, such that you can operate effectively.

### Units:

1. Impact and Prevalence of MSK Conditions
2. Treatment Pathways for Typical Musculoskeletal (MSK) Conditions
3. The Patient Journey & the Consequences of Inactivity
4. Role of the iPT and Scope of Practice
5. Reflective Practice & Communication with a Clinical Team

Once you have registered, you will be given access to all the online materials including, the unit downloads & Quizzes.

This module is often completed last in the sequence of iPT training. If so, don't forget to complete the assessment module to achieve iPT certification and Get Back To Sport Membership!

E-mail us if you have any questions, we'll be pleased to help!

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