

# **The MedFit Classroom**

## **Orthopedic Fitness Specialist Course**

### **Module 1: Introduction**

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# Purpose of the Course

- 1. Review the musculoskeletal system.**
  - a. Injury prevention**
  - b. Injury recovery**
  - c. Performance/Functional enhancement**
- 2. Discuss common injuries and appropriate exercise programing.**
  - a. Open chain vs. kinetic chain**
- 3. Enhance communication skills between fitness pros and the medical community**
  - a. Fitness/Wellness community**

# Learning Objectives

## Lesson 1

- **Scope of Practice**
- **HIPPA**
- **Diagnosing and Prescribing**

## Lesson 2

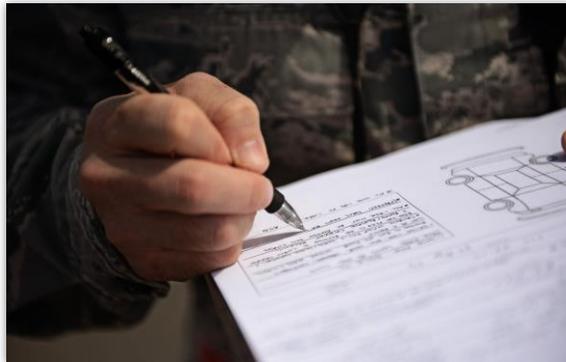
- **Building Rapport**
- **Medical Terminology**

## Lesson 3

- **Becoming an Orthopedic Fitness Professional**
- **Developing a keen eye**

# Legal Liability & Scope of Practice

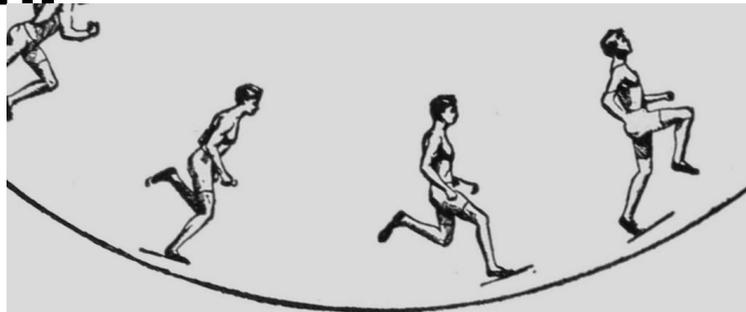
**What CAN fitness professionals do for their clients?**



# Guiding Principle

**Everyone's an athlete.**

- **Some are trying to PREVENT injury**
- **Some are trying to RECOVER from injury**
- **All are trying to IMPROVE performance and function.**



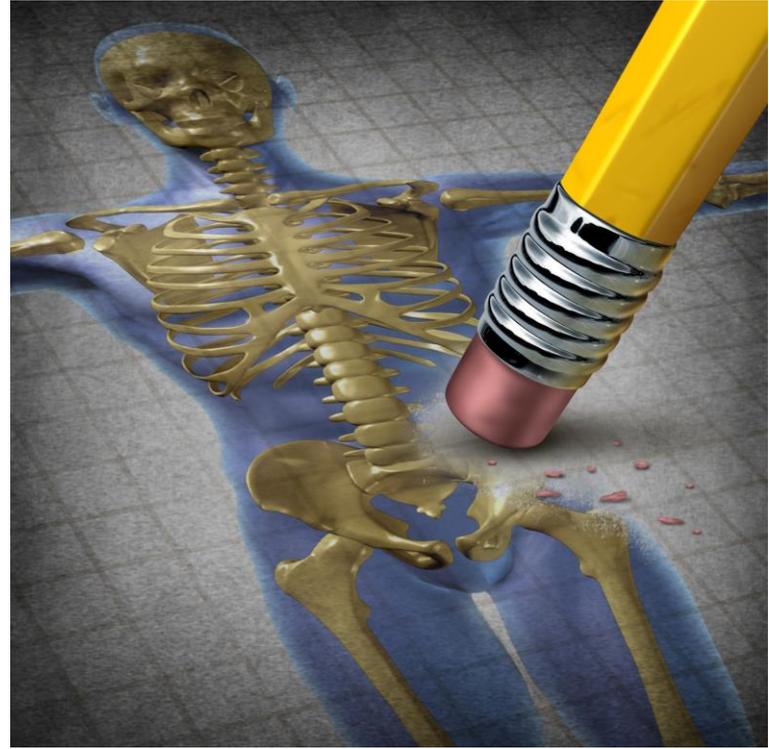
# Lesson 1

## Scope of Practice

**We have spent so much time telling fitness professionals what they CANNOT do, it's time we work with fitness professionals to share what they CAN do by using:**

- **Research**
- **Evidence-based practices**
- **Proven techniques**

**Proper education will allow you to confidently work with clients with pain or injuries.**



# Scope of Practice

**Scope of Practice is used by national and state/provincial licensing boards for various professions that defines the actions of a licensed individual.**

**This includes:**

- **procedures**
- **actions**
- **processes**

PROCEDURES



# HIPPA

- **Centers for Disease Control and Prevention (CDC) HIIPA Position Statement**  
<https://www.cdc.gov/phlp/publications/topic/hipaa.html>
- **The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law that required the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.**

# Can Fit Pros Diagnose or Prescribe?

## Diagnosing

- Identification of an injury, illness, or problem by examination of the symptoms.

## Prescribing

- The act of authorizing the use of a medicine or treatment, or to state authoritatively that a particular action or procedure should be carried out.  
-Oxford Language Dictionary



# **FITNESS PROFESSIONALS SHOULD NOT:**

- **Prescribe, diagnose or treat illness, injury or any diseases**
- **Rehabilitate clients using techniques or tools used primarily by licensed medical providers, or other allied health professionals for rehabilitation, diagnosis, and treatment of injuries.**

# FITNESS PROFESSIONALS CAN:

- **Perform movement screens**
  - Observe postural and movement deficiencies including Lordosis, rounded shoulders, valgus knees, ROM deficiencies, etc.
  - Address those issues or compensations in program design
- **Perform assessments designed for use by a fit pros to screen for biometrics or other performance measures**
  - Blood pressure, heart rate, postural screens, estimated VO2max, 1 RM strength tests, cardiorespiratory tests, etc.
- **Implement corrective exercises or training techniques**
  - Restore joint stability
  - Promote overall mobility
  - Relieve pain through proper movement
  - Decrease the risk of injury
  - Enhance performance
- **Use other appropriate interventions for**
  - Pre-exercise movement preparation
  - Reduction of discomfort of DOMS,
  - Recovery recommendations between workouts, and methods to accelerate recovery

## Lesson 2

# Building Rapport with the Medical Community

- **Typed letters (brief and succinct)**
- **Follow-up phone calls (to gatekeeper)**
- **Speak the language (terminology)**
- **Ask, don't tell (unless asked)**
- **Refer to their PATIENT as your CLIENT**
- **Typed follow-up letter (show gratitude)**



# Understanding Medical Terminology

- **Know your anatomy**
- **Know your kinesiological terminology, i.e. proximal-distal, cephalic-caudal, planes of motion**
- **Know pathologies and pathomechanics**
- **Know what you don't know...and explore it:**
  - **Google**
  - **Pubmed**
  - **Medical school sources, e.g. Mayo, Harvard, etc.**

# Fitness Pros are Frontline Providers

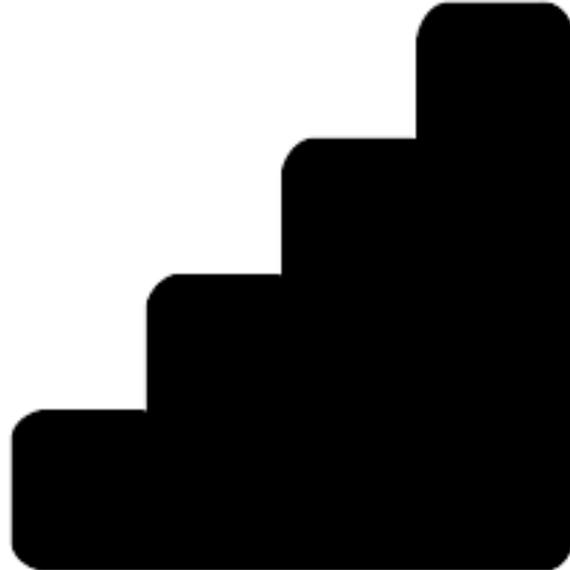
- Trainers and instructors are viewed as credible resources for exercise-related content.
- This dynamic expands, and the perception changes, as the trainer is considered an expert in cardiovascular fitness and muscle strengthening, nutrition, wellness, and other health-related topics.
- Clients often see trainers on a more regular basis than they see their physical therapists, physicians, dietitians, etc., and will be observed more readily during movement, performance, function, and dysfunction well before the health-care professional can.
- Trainers can provide more and more valuable information to the healthcare professional(s) when asked or required.
- While altruistic and well-intended, you are still liable for your actions.

Leemans et al. It hurts to move! Assessing and treating movement-evoked pain in patients with musculoskeletal pain: A systematic review with Meta-analysis. JOSPT Feb. 5, 2022: 1-52

# Lesson 3: Becoming an Orthopedic Fitness Professional

## The 4 Steps Program

- **Examine**
- **Evaluate**
- **Observe**
- **Apply**



# Developing a Keen Eye



- **What?**
  - Are we looking at?
  - Are we looking for?
- **Why?**
  - Because the person is injured, hurting, not performing well?
- **When?**
  - In the movement is something not right?
- **Where?**
  - Which structure(s) is/are working properly, sufficiently, at the right time?

# SCOPE OF PRACTICE QUIZ

**At this time, please complete and successfully pass the “Scope of Practice Quiz” before continuing to the next**



# References

Leemans, L., Polli, A., Nijs, J., Wideman, T., den Bandt, H., & Beckwée, D. (2022). It hurts to move! assessing and treating movement-evoked pain in patients with musculoskeletal pain: A systematic review with meta-analysis. *Journal of Orthopaedic & Sports Physical Therapy*, 1–52. <https://doi.org/10.2519/jospt.2022.10527>