

The MedFit Classroom Orthopedic Fitness Specialist Course

Module 1: Introduction

Authors:

Dr. Irv Rubenstein & Christine Conti, M.Ed.

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

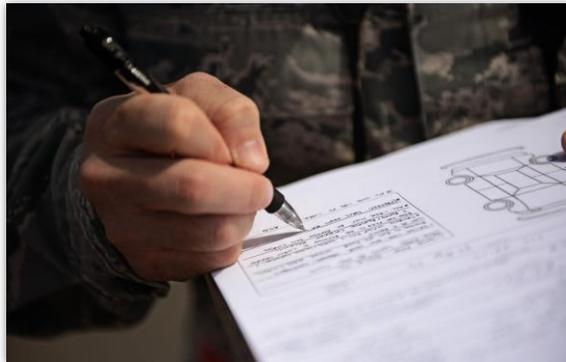
- **Building Rapport**
- **Medical Terminology**

Lesson 3

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

Legal Liability & Scope of Practice

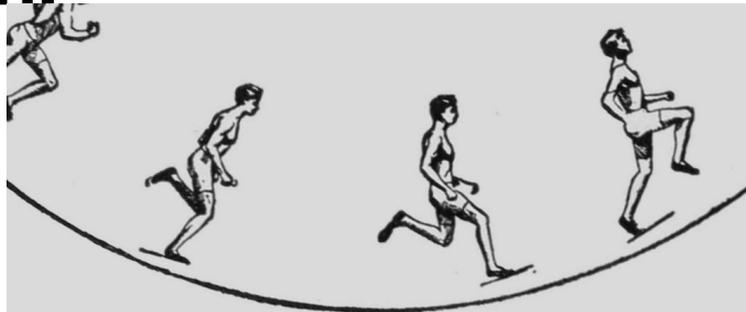
What CAN fitness professionals do for their clients?



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.**



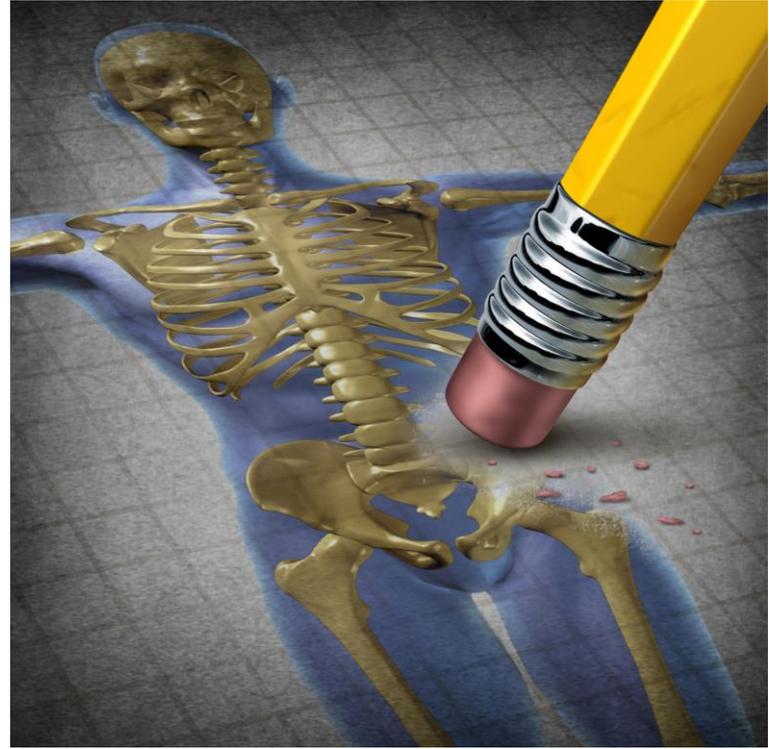
Lesson 1

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

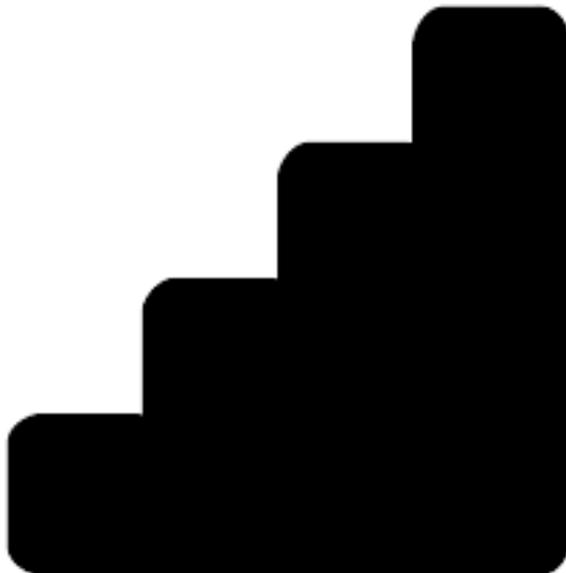
- Trainers and instructors are viewed as credible resources for exercise-related content.
- This dynamic expands, and the perception changes, as the trainer is considered an expert in cardiovascular fitness and muscle strengthening, nutrition, wellness, and other health-related topics.
- Clients often 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>