

My name is Silver, and I am a Musculoskeletal Therapist.

This is someone who, with training in health and sports exercise science and a manual therapy such as remedial massage, uses a hands-on approach to assessing and treating musculoskeletal conditions. Typically working alongside physio's, doctor's, coaches/trainers.

What I would like to become is a Musculoskeletal Rehabilitation Specialist. I know that this will take time and honing of skills to acquire.

The next step of course is more experience and to further my training by completing a Bachelor's in Physiotherapy through Otago University.

This is a current scope of practice overview.

Identifying the scope in each stage of rehab, my practical application/training, papers/qualifications undertaken for this area and then a brief of common scenarios and applications.

Stage one, initial injury.

Initial assessment of client's injuries and use of first aid with the intent to aid in client's recovery journey.

With the use of appropriate scientific based testing methods both subjective and objective to assess injury and start initial injury treatment or refer on to more specialized therapists, physios or for emergency treatments as part of a tailored rehabilitation journey.

Acute

With three years working at Hamilton city netball during my Bachelors, also including being an event medic and multi-sport team's medic at various sporting events. Implementing initial assessment of injuries and applying appropriate testing to determine initial recovery treatment and client safety

First aider

Sport medic

Concussion management

SPHP601 Injury Prevention and Rehabilitation, lv6

SPHP701 Assessment and Rehabilitation of Injury, lv7

Injury assessment, including broken bones, dislocations, head trauma, musculoskeletal trauma, wounds, muscle tears/sprains/strains, hematoma's

initial first aid, including Ridged joint and Kinesio taping, addressing wounds, broken bones, and muscle tears.

Client safety including mobilization if required and initial concussion assessments.

I am the one who pulls over at accidents and pulls the event first aid kit out 😊

Chronic

Through working in Wintec's Clinical Exercise and Remedial Massage clinic's learning and implementing clinical testing from simple ROM, postural and BP testing to specific cluster testing for injury, taking blood samples for glucose and lactate testing, administer ECG tests, Lung conditions and capacities of function for sport development and COPD, for clients ranging through youth to senior and varying red flag conditions.

The results of testing along with health history and client goals will guide the next steps of injury rehab as required

SPHP607 Sport and Exercise Psychology, lv6

SPHP718 Community Nutrition and Health Promotion, lv7

SPHP601 Injury Prevention and Rehabilitation, lv6

SPHP701 Assessment and Rehabilitation of Injury, lv7

SPHP603 Exercise Physiology, lv6

SPHP711 Clinical Exercise Physiology, lv 7

SPPG015 Clinical Exercise Physiology, lv8

Physical and observational testing in accordance with ACSM guidelines, updated with online materials, research journals and seminars including Physiotutors, BJSM and NZSM.
Stress testing heart/lungs including ECG and spirometry testing, nutritional assessment and advice, understanding of imaging results, drug interaction and stress loading.
Health history/PAR-Q assessment, basic blood testing, pathology of injury and sports psychology
professional interaction with other health providers including referrals and client progression reports.

Stage Two, Unloading.

First steps of Rehabilitation is to unload stressed and injured clients, providing the opportunity for healing to occur. This is done to help regain pain free ROM through Remedial massage, stretch, breathing, posture, taping modalities, visualization, and psychology to help reduce stressors, improve ROM, habits, movement patterns and mental health Using results from appropriate testing, client goals and specialist therapist's requirements for progression a personal rehabilitation plan is implemented with a focus on balance and strength for life.

Massage has been a big part of my work, using it during the 3 years of netball during my time at Wintec, and around 40 sports events per year has given me a huge advantage in this field. After leaving Wintec as a top massage student by Massage Aotearoa NZ, I gained a three-year contract with the Body Performance Clinic allowing me to work with carded HPSNZ athletes, injuries, youth/elderly, joint replacements as well as pre/post-surgery clients alongside physiotherapists and sports doctors.

Healthy Communication Skills, AKL University program
MASS602 Massage Therapy for Pathology, lv6
MASS601 Neuromuscular Therapy, lv6
SPHP607 Sport and Exercise Psychology, lv6
SPHP718 Community Nutrition and Health Promotion, lv7

Further learning has been undertaken in use of Ktape/lymphatic and ridged taping as well as practical seminars/training on more advanced areas of massage, lymphatic/oncology, deep tissue, mental/emotional health and concussion management provided by local and international instructors.

Using massage, breathing, static/dynamic/isometric/inhibition stretching, stick work and more to remove tension from not only the injury site but working holistically through the body and mind
Helping to reduce healing time and reduce mental hesitation/fear of re injury while also incorporating tape to help reduce overuse of joints or muscle stressors.

Stage Three, Reloading.

With reloading comes testing and pushing boundaries either physical or mental as both are required for a balanced and progressive rehabilitation program to be successful.

Reloading is a multi step program with an achievable goal orientated progressive loading stage, which can begin at any appropriate stage of unloading and after healing has had appropriate time to cope with new stressors.

Work placements during study include First Place Fitness, Advanced Physio and the Wintec Biokinetics clinic. However this stage of rehab can quickly move out of initial reloading and into the return to sport stage which is better suited to those who can put out the energy required to train clients at an appropriate level.

SPHP701 Assessment and Rehabilitation of Injury, lv7
SPHP604 Advanced Exercise Program Design, lv6
SPHP704 Applied Exercise Programming, lv7
SPHP603 Exercise Physiology, lv6
SPHP711 Clinical Exercise Physiology, lv 7
SPHP607 Sport and Exercise Psychology, lv6
SPHP718 Community Nutrition and Health Promotion, lv7
SPPG015 Clinical Exercise Physiology, lv8

Stages Four and Five, Return to sport/pre injury and Prehabilitation.

These stages of the rehabilitation journey are more suited to a PT or Specialist such as Biokinetics who can provide group or one on one session to facilitate return to sport or long term rehabilitation exercise programs and while I am confident and trained in this area, it is not my passion and have not pursued this area of rehab outside of training/study.

Certifications, awards and attended seminar providers.

Bachelor of Sport and Exercise Science, lv7 - Wintec.

Diploma in Remedial Massage, lv6 - Wintec.

Certificate of Proficiency - Sport and Exercise Science, lv8 - Wintec.

Oncology/Lymphatic massage. - Oncology Massage NZ (S4OM).

Deep tissue for lower limbs, core, shoulders and arms and ethics - Brian Utting.

Sports Medic - Wintec.

Concussion assessment, management and rehab – Dusty & Bronagh Quinn – Physio Academy NZ.

Certification in the practical application of Ktape, lymphatic and ridged Taping - Wintec/Vodder.

Healthy conversation skills - Auckland University.

Top Student award, lv6 Remedial Massage - Massage Aotearoa NZ.

Massage Aotearoa NZ, Sports Medicine NZ, Clinical Exercise Physiology NZ and Neurological Foundation NZ seminars and conferences.