

## Week 1 Virtual Clinic

1. Review ICF Model – athletic therapy

<https://www.nata.org/blog/beth-sitzler/icf-model-framework-athletic-training-practice>

For an infographic on treating the total patient using the Disablement Model see the pdf file in the document folder.

2. Review ICF Model – make sure to watch the videos in this link too.

[https://www.physio-pedia.com/International\\_Classification\\_of\\_Functioning,\\_Disability\\_and\\_Health\\_\(ICF\)](https://www.physio-pedia.com/International_Classification_of_Functioning,_Disability_and_Health_(ICF))

3. Review the ICF Model – clinical problem solving – Example for case study model – make sure to spend time understanding how the IFC model was completed given the case study in this link

<https://academic.oup.com/ptj/article/82/11/1098/2857661>

4. For further review of the application of the ICF Model review the following article:

Hertel & Corbett. An updated model of chronic ankle instability. *Journal of Athletic Training*. 2019; 54 (6): 572–588.

You can find the article at [this link](#). Once in the link you can open the pdf file.

In this article, Figure 1 has an overview of the updated model of chronic ankle instability, which uses the ICF framework. In Figure 2, 3, and 4 you will see this model with three different case studies.

5. Review Case study – think about your answers to the questions at the end of the case and consider how this case would fit in the ICF model too in order to be prepared for your virtual clinic discussion.

Review the case presented in this [link](#). The case can be found in “Clinical Case Studies in Physiotherapy: a guide for students and clinicians”, which is in the Course Readings section of our Sakai site. For this assignment, please refer to the scenario below:

## **CASE STUDY 17 ANKLE SPRAIN**

6. For each week of the virtual clinic we will watch a video from Dr. Peter Millett about shoulder surgery rehabilitation. This video series has 10 videos that are progressive in nature as the patient rehabilitates after shoulder surgery. I will post the various parts in order over the 10 weeks of experiential learning. This will allow us to follow a patient over the course of the semester just as if we were in the clinic seeing a patient on a weekly basis.

Part 1 - <https://www.youtube.com/watch?v=C7QbVyZtohc>