



Australian Government

HLTMSG005 Provide remedial massage treatments

Release: 1

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Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.</p>

Application

This unit describes the skills and knowledge required to prepare for and provide remedial massage treatments based on the outcomes of an existing health assessment and treatment plan.

This unit applies to remedial massage therapists working with clients presenting with soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion (ROM).

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare client for treatment

- 1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed
- 1.2 Explain factors which may interfere with the effectiveness of the treatment
- 1.3 Inform the client of possible physical or emotional reactions during and following a session and the appropriate course of action to take
- 1.4 Follow established protocols to physically prepare the client for treatment
- 1.5 Confirm client consent for treatment

2. Use remedial massage techniques and sequences

- 2.1 Determine treatment sequence, location and degree of pressure according to assessment indications
- 2.2 Use the condition and response of the client as a continual feedback to the initial assessment
- 2.3 Position client to optimise their comfort and support while allowing for optimum application of techniques
- 2.4 Maintain client dignity through use of draping
- 2.5 Maintain therapist postures that ensure a controlled distribution of body weight
- 2.6 Maintain client-focused attention throughout the treatment session
- 2.7 Recognise reactions to treatment and respond promptly

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

3. Provide advice and resources to the client

3.1 Educate client in relevant and practical techniques that support the treatment plan

3.2 Answer client queries with clarity, using language the client understands

3.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client

3.4 Promote client independence and responsibility in treatment

3.5 Discuss and agree on evaluation strategies

3.6 Accurately document treatment provided and details of client communications

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion volumes from the CS&HISC website - <http://www.cshisc.com.au>