



Australian Government

**Assessment Requirements for HLTMSG007
Adapt remedial massage practice for
athletes**

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>

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of massage client consultation work
- managed at least 60 remedial massage assessment and treatment sessions - clients must include males and females from different stages of life with varied presentations
- assessed and treated at least 3 different sporting injuries to recovery stage

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- roles and responsibilities of different people associated with the health management of the athlete, including:
 - sports coaches
 - sports psychologists
 - exercise physiologists
 - medical practitioners
 - physiotherapists

- chiropractors
- osteopaths
- exercise therapists
- dieticians/nutritionists
- legal and ethical considerations (national and state/territory) for client assessment and treatment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- relevant principles of human movement and sport biomechanics:
 - muscle strength testing
 - length testing
 - isometric, concentric and eccentric contractions
- pre-event and post-event massage techniques and their application, including:
 - physiological warm-up
 - psychological preparation including stress release and motivation
 - maintenance massage, including muscle facilitation and stimulation, plus muscle relaxation and neural calming
 - self-management and self-massage programs
 - full range of movement of the joints and muscles without aggressive proprioceptive neuromuscular facilitation (PNF) type stretching:
 - active assisted range of motion (ROM)
 - muscle energy techniques
- features of acute, chronic and overuse musculoskeletal injuries in sport, including referral potential, rate of recovery and how massage can assist the following:
 - bone injuries:
 - fracture
 - periosteal contusion
 - stress fracture
 - ‘bone strain’, ‘stress reaction’
 - osteitis/periostitis
 - apophysitis

- articular cartilage injuries:
 - osteochondral/chondral fractures
 - minor osteochondral injury
 - chondropathy - softening, fibrillation, fissuring, chondromalacia
- joint injuries:
 - dislocation
 - subluxation
 - synovitis
 - osteoarthritis
- ligament injuries - sprain/tear (grades I - III)
- muscle injuries:
 - strain/tear (grades I - III)
 - contusion
 - cramp
 - acute compartment syndrome
 - chronic compartment syndrome
 - delayed onset muscle soreness
 - focal tissue thickening/fibrosis
 - myositis ossificans
- tendon injuries:
 - tear (complete or partial)
 - tendinitis
 - paratendinitis/tenosynovitis
 - tendinosis
- bursa injuries:
 - traumatic bursitis
 - bursitis
- nerve injuries:
 - neuropraxia
 - minor nerve injury/irritation
 - entrapment
 - increased neural tension
- skin injuries and how massage therapists need to work in areas subject to:
 - burns
 - laceration
 - abrasion
 - puncture wound
- types of cryotherapy or thermotherapy used for recovery from injury and techniques used to apply them, including:
 - conduction - cold packs, ice massage and immersion baths

- convection - cooling devices
- radiation
- friction
- topical application
- indications, contraindications and considerations for use of cryotherapy:
 - adverse reactions to topical application
 - adequate time to achieve cryotherapy goals without causing adverse reactions
- indications, contraindications and considerations for use of thermotherapy:
 - myofascial hypertonicity
 - fascial adherence
 - potential for scalding
- uses and indications for taping and splinting that are within scope of massage practice

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – health assessment consultation forms, case history
 - consultation area
 - adjustable height massage table
 - towels/sheets for draping
 - oils/balms
 - hot/cold packs
 - supports
 - tape
- modelling of industry operating conditions, including provision of services to athletes or sports active people
- clinic supervision by a person who meets the assessor requirements outlined below for at least 150 of the 200 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have current clinical experience working as a remedial massage therapist providing services to the general public
- hold practising membership of an Australian professional body that represents remedial massage therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>