



Australian Government

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>

Application

This unit describes the skills and knowledge required to determine the remedial massage needs of athletes and to adjust assessment and treatment to develop preventative and injury related treatment strategies for athletes and other sport active people.

This unit applies to remedial massage therapists.

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

Elements define the essential outcomes

1. Determine scope of massage services required

PERFORMANCE CRITERIA

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

1.1 Obtain information from athlete about their potential service needs

1.2 Collate and evaluate information from others involved in the health management of the athlete

1.3 Determine where and how massage fits within the overall athlete health management program

1.4 Confirm own role and responsibilities with athlete and other health management professionals

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

2. Adapt remedial massage assessment and treatment strategies to athlete needs

2.1 Incorporate pre and post event massage based on demands and impacts of the sporting activity and individual profile

2.2 Identify musculoskeletal sports injuries and their potential for treatment with massage within scope of own practice

2.3 Tailor sports injury management strategies that incorporate the concept of stages of recovery

2.4 Recommend sport injury specific therapies and exercises that support massage treatment

2.5 Provide athlete education in relation to self-massage techniques as required

2.6 Provide recommendations for ongoing support packages to aid recovery from injury

2.7 Integrate sport related information and research evidence into treatment plan and clearly document treatment details

3. Monitor and evaluate athlete treatment strategies

3.1 Review effectiveness of treatment plans based on client response to preventative and injury related treatments

3.2 Evaluate impact of ongoing treatment in relation to client's physical, mental and emotional condition relative to their sport

3.3 Seek feedback from others involved in the health management of the athlete and ensure that advice provided is in line with advice of other health professionals

3.4 Adjust plans based on evaluations in consultation with client and colleagues

3.5 Accurately document recommendations and changes to treatment plans

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 Volume implementation guides are found in VETNet -

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