



**Australian Government**

# **HLTMSG018 Adapt massage practice for athletes**

**Release: 1**

# HLTMSG018 Adapt massage practice for athletes

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to determine massage needs and to adjust assessment and treatment to develop preventative and injury-related treatment strategies for athletes, sport participants and active people.

This unit applies to remedial massage therapists.

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

No occupational licensing, certificate or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Massage Therapy

## Unit Sector

Health

## Elements and Performance Criteria

### ELEMENTS

*Elements describe 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 consent from athlete to obtain and disclose information regarding their assessment and treatment.
- 1.2. Obtain information from athlete about their needs, goals and expectations.
- 1.3. Collate and evaluate information from others involved in the health management of the athlete.
- 1.4. Determine where and how massage fits within the overall athlete health management program.
- 1.5. Liaise with athlete and other appropriate persons to confirm

- own role, responsibilities and scope of practice in accordance with legal and ethical considerations.
2. Adapt massage assessment and treatment strategies to athlete needs.
    - 2.1. Obtain informed consent for assessment and treatment.
    - 2.2. Incorporate pre, post and intra event massage based on demands and impacts of the sporting activity and individual profile.
    - 2.3. Clearly outline how the treatment will be provided and managed, based on assessment and agreed treatment approach.
    - 2.4. Evaluate work health and safety (WHS) and environmental conditions including availability of privacy and make necessary adjustments to assessment and treatment.
    - 2.5. Tailor sport massage to meet athlete-specific needs.
    - 2.6. Recommend sport injury-specific therapies that support massage treatment.
    - 2.7. Provide athlete education in relation to self-treatment techniques as required.
    - 2.8. Discuss options for support services or referral to other health professionals as required to aid recovery.
    - 2.9. Integrate sport-specific information into treatment plan and document management details.
  3. Monitor and evaluate athlete treatment strategies.
    - 3.1. Review and evaluate effectiveness of treatment plan based on client response to treatment.
    - 3.2. Identify, access and interpret sources of additional information and advice when appropriate to continue management of the client.
    - 3.3. Collaborate with others involved in the health management of the athlete to ensure advice and treatment provides improved outcomes.
    - 3.4. Document recommendations and changes to treatment plans according to organisational policies and procedures based on evaluations and collaborative consultations.
    - 3.5. Reflect on therapist's own performance including self-care to inform future practice.

## Foundation Skills

*Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.*

| SKILLS | DESCRIPTION |
|--------|-------------|
|--------|-------------|

- Reading skills to:
- interpret information from a range of sources.
- Writing skills to:
- record client information accurately and comprehensively.
- Oral communication skills to:
- use listening and questioning to seek information and confirm understanding
  - deliver information to an audience in an appropriate manner to ensure comprehension.
- Technology skills to:
- access online sources of information.

## Unit Mapping Information

Supersedes and is not equivalent to HLTMSG007 Adapt remedial massage practice for athletes.

## Links

Companion Volume implementation guides are found in VETNet -

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