



Australian Government

HLTREF002 Provide reflexology for relaxation

Release: 1

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Modification History

Release	Comments
Release 1	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. New unit.

Application

This unit describes the skills and knowledge required to gather client information, prepare equipment for reflexology, make observations of the feet and then select and use basic reflexology techniques and sequences based on information and observations.

This unit applies to individuals who provide reflexology relaxation sessions either as part of their work as a dedicated reflexologist or in conjunction with other treatment modalities. It does not include reflexology for therapeutic purposes.

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 for treatment

- 1.1 Collect pertinent information regarding client's general health and foot observations
- 1.2 Review information and use to inform treatment
- 1.3 Manage information in a confidential and secure manner
- 1.4 Access and organise appropriate equipment and materials for treatment
- 1.5 Prepare the client for treatment with appropriate draping, and confirm comfort levels
- 1.6 Clearly explain the process of a reflexology treatment

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

to the client

1.7 Advise client of possible physical or emotional reactions both during and after treatment

2. Make feet and hand observations

2.1 Assess and accurately record physical details of feet

2.2 Relate physical condition of feet to client information collected and incorporate into treatment approach

2.3 Observe and record precautions/contra-indications to reflexology and incorporate into treatment approach

3. Select and use reflexology techniques and sequences

3.1 Hold and support feet adequately during treatment

3.2 Use thumb and finger techniques suited to client health status, age, tissue condition and sensitivity

3.3 Apply leverage and pressure as required by selected techniques

3.4 Follow sequences to work all reflexes on both feet and relate to hands, depending on client needs

3.5 Recognise reactions to treatment and provide appropriate response

4. Finalise treatment and advise client

4.1 End the treatment using appropriate protocols

4.2 Provide client with information on recommended follow up activities

4.3 Recognise situations where medical advice is required and advise clients to seek that advice

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>