



Australian Government

HLTKIN002 Conduct indicator muscle monitoring

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>CHC Community Services 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 monitor neurological feedback from the body using manual muscle monitoring. It requires the ability to prepare self and client, gain consent, establish indicator muscles, make pre-checks and to integrate both client and practitioner perspectives in indicator muscle monitoring to determine imbalances. This skill is the fundamental tool used in kinesiology. The use of self-testing, where the practitioner tests themselves on behalf of the client, falls outside of the scope of this unit.

This unit applies to complementary and allied health practitioners who use muscle monitoring within their practice. The practitioner may or may not be a kinesiologist.

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 self and client for muscle monitoring

1.1 Provide accurate information to client about scope of muscle monitoring and the relationship between tester and the person being tested

1.2 Establish client willingness from indicator muscle response, plus written and verbal consent

1.3 Complete checks on own readiness according to modality procedure

2. Establish indicator muscle

2.1 Place chosen indicator muscle into correct starting

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

position and apply stabilisation that supports both client and practitioner

2.2 Demonstrate to client the direction in which pressure will be applied and the muscle's range of motion

2.3 Use clear verbal cues to ensure the client is ready for monitoring

2.4 Apply gentle progressive pressure appropriate to the muscle being monitored and the client's ability to respond

2.5 Use techniques that avoid muscle fatigue when specific muscle is subject to ongoing monitoring

2.6 Recognise muscle facilitation and inhibition and the relationship to different aspects of the prime mover

2.7 Use a level of pressure that allows for the indicator muscle response to be recognised, making judgments about rate and speed based on client responses and own experience

2.8 Request and observe feedback from the client regarding level of comfort

2.9 Modify monitoring method in light of client's feedback.

3. Apply muscle monitoring pre-checks

3.1 Identify and balance the muscle's ability to lock and unlock according to modality procedure

3.2 Identify and balance neurological disorganisation according to modality procedure

3.3 Check and balance energy function of central meridian for normal flow according to modality procedure

3.4 Check and balance hydration according to modality procedure

3.5 Check and balance ionisation according to modality procedure

3.6 Select and follow procedures for other modality specific pre-checks

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>

Assessment Requirements for HLTKIN002 Conduct indicator muscle monitoring

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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:

- conducted indicator muscle monitoring on at least 60 different people, including men, women, young people and elders, including:
 - demonstrated lock and unlock on indicator muscles
 - corrected muscle response when test produces unlock response
 - used indicator muscle monitoring for physical, emotional or biochemical challenges
 - used all limbs on both left and right side of the body with client in supine and prone positions
 - integrated information from practitioner and client perspectives, evidenced by:
 - use of appropriate level of pressure
 - nature of own posture
 - enhanced communication and connection with client
 - pace of monitoring
- had own muscles monitored by at least 10 different people

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:

- relationship between client and self:
 - as one circuit
 - importance of neutrality of tester
- terminology of muscle monitoring in kinesiology:

- indicator/indicator change or lock/unlock not weak/strong
- hold not resist
- firm monitoring not strength testing
- factors that affect establishment of the indicator muscle response, including:
 - circuit locating
 - switching/overload
 - central and governing meridians
 - hydration
- neurological perspectives on the roles of conscious and subconscious aspects of muscle monitoring
- information from the practitioner's perspective that informs muscle monitoring, including:
 - mechanics of muscles:
 - prime movers
 - synergist, antagonists and fixator muscles
 - neurological circuits controlling muscle function - spinal reflexes
 - control of muscle proprioception - muscle spindle cells
 - golgi tendon apparatus
 - emotional/mental connectivity of muscles
 - biochemical connectivity of muscles
 - muscle recruitment of synergist or other muscles
- information from the client's perspective that informs muscle monitoring:
 - sensing of change between lock, unlock and vice versa
 - role of mental/emotional resource created by thoughts and feelings
 - importance of own experience of muscle monitoring to inform practice and the role experience plays in achieving consistent results
- differences between information from the practitioner and client perspectives
- ways to educate clients for awareness of indicator muscle responses
- kinesiology techniques to clear inhibited and over-facilitated muscles

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 hand sanitiser and/ or hot running water for washing hands

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

In addition, assessors must:

- have at least 2 years current clinical experience working as a kinesiologist providing services to the general public
- hold practising membership of an Australian professional body that represents kinesiologists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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