



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>