



Australian Government

HLTMSG003 Perform remedial massage musculoskeletal assessments

Release: 1

HLTMSG003 Perform remedial massage musculoskeletal assessments

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. Merged HLTREM503C/HLTREM504C/HLTREM505C. 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.

Application

This unit describes the skills and knowledge required to assess the needs of clients presenting with soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion (ROM). It requires the ability to gather client information, conduct specific tests and bring information together to develop a remedial massage treatment plan. There is a strong focus on functional anatomy.

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

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

1. Determine scope of client needs

- 1.1 Explore and clarify client expectations
- 1.2 Provide clear information about scope and limits of services to be provided
- 1.3 Collect an accurate, relevant and organised health record, and document in a form which can be interpreted

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

readily by other professionals

1.4 Recognise needs that are beyond scope of own practice and make referrals to other health care professionals as required

1.5 Identify and respond to any barriers to information gathering and assessment

1.6 Seek client information respectfully and sensitively, using purposeful, systematic and diplomatic questions

1.7 Manage information in a confidential and secure way

2. Make a physical assessment

2.1 Provide information about the physical assessment process and obtain client consent to proceed

2.2 Follow clinical and practitioner hygiene procedures

2.3 Respect client dignity and anticipate sensitivities

2.4 Seek client feedback on comfort levels

2.5 Assess client through palpation, observation and ROM testing

2.6 Identify variations from normal posture or structural function in relation to presenting symptoms

2.7 Analyse static and dynamic variables of posture through use of functional and special testing indicated by presenting condition

2.8 Use ongoing questioning with client to gain further information as required

2.9 Accurately document information from the physical assessment

3. Develop treatment plan

3.1 Correlate results of physical assessment with case history

3.2 Consider available medical information and incorporate into analysis within scope of own practice

3.3 Identify condition according to stage and related implications

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

3.4 Identify and respond to indications or contraindications for remedial massage

3.5 Determine optimum type, duration and frequency of treatments

3.6 Use professional judgement to draw substantiated conclusions about treatment needs

3.7 Establish expected treatment outcomes based on the remedial massage framework and evidence

3.8 Accurately document proposed treatment plan

4. Confirm assessment and treatment plan with client

4.1 Discuss assessment, its implications and rationale for treatment with the client

4.2 Assign and agree treatment priorities and expectations in consultation with the client

4.3 Schedule times and session lengths suited to the required techniques and sequences

4.4 Respond to client enquiries using language the client understands

4.5 Discuss referral and collaborative options with the client as required

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 HLTMSG003 Perform remedial massage musculoskeletal assessments

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. Merged HLTREM503C/HLTREM504C/HLTREM505C. 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.

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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of massage client consultation work
- prepared for and managed at least 60 remedial massage musculoskeletal assessments - clients must include males and females from different stages of life with varied presentations
- used remedial massage assessment techniques appropriately, including:
 - discussion
 - muscle strength and length tests
 - observation, including variations of posture
 - orthopaedic tests
 - palpation of prominent bones/structure and phasic and postural muscles
 - ROM tests
 - temperature
- interacted effectively with clients:
 - clearly articulated information about services, treatment options and rationale
 - engaged clients in decision making

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:

- legal and ethical considerations (national and state/territory) for client assessment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- referral options for practitioners:
 - professional health services including complementary health modalities
 - community resources and support services
 - types and availability of further medical testing
- factors and barriers that may impact on assessment, including:
 - physical
 - psychological
 - cultural
- factors that affect individual health status, including:
 - age
 - gender
 - constitution
 - lifestyle
 - diet
 - personal and medical history
 - values and attitudes
 - balance of rest and activity
 - physical environment
 - social environment
- client information required for remedial massage assessment and the scope and depth of information needed around:
 - client expectations
 - client history and its components
 - client current state of health

- signs and symptoms
 - onset
 - duration
 - location
 - quality and severity
 - non-verbal
- protocols for performing physical massage assessments:
 - environment
 - equipment
 - client privacy
 - client instructions
- remedial massage diagnostic techniques, how and when they are used:
 - discussion
 - muscle strength and length tests
 - observation, including variations of posture
 - orthopaedic tests
 - palpation of prominent bones/structure and phasic and postural muscles
 - ROM tests
 - temperature
- contraindications to treatment and possible indications for referral:
 - weak bone/joint instability
 - neurological dysfunction
 - vascular disorders
 - lack of working diagnosis
 - pain of excessive nature or abnormal responses to treatment
 - patient non-compliance
- anatomy:
 - body systems relevant to massage assessment
 - muscular physiology
 - nervous system, including myotomes, peripheral nerves, nerve impingements (both root and peripheral)
 - integumentary
 - skeletal
 - muscles – major muscle actions including individual actions, planes and synergistic groups:
 - temporalis
 - masseter
 - frontalis
 - pterygoids
 - longus colli

- digastric
- rectus capitis posterior
- obliquus capitis superior
- obliquus capitis inferior
- splenius capitis
- splenius cervicis
- semi-spinalis capitis
- scalenes
- sternocleidomastoid
- trapezius
- levator scapulae
- latissimus dorsi
- supraspinatus
- infraspinatus
- teres major
- teres minor
- subscapularis
- rhomboids
- pectoralis major
- pectoralis minor
- serratus anterior
- intercostals
- serratus posterior superior
- rectus abdominis
- quadratus lumborum
- psoas
- transverse abdominis
- internal/external obliques
- erector spinae
- semispinalis
- multifidus
- rotatores
- gluteus maximus
- gluteus medius
- gluteus minimus
- piriformis
- gemellus superior/inferior
- obturator internus and externus
- quadratus femoris
- quadriceps

- sartorius
- gracilis
- pectineus
- tibialis anterior
- tibialis posterior
- peroneals
- flexor digitorum longus
- flexor hallucis longus
- hamstrings
- adductor magnus
- adductor longus
- popliteus
- gastrocnemius
- soleus
- extensor digitorum longus
- extensor hallucis longus
- deltoid
- biceps brachii
- triceps brachii
- flexor carpi radialis
- flexor carpi ulnaris
- palmaris longus
- pronator teres
- brachioradialis
- brachialis
- extensor carpi radialis
- supinator
- anconeus
- coracobrachialis
- thenar muscle
- skeleton:
 - bones of the body
 - major bony landmarks
 - surface anatomy and palpable bony landmarks
 - bone growth and remodelling
 - bony landmarks pertaining to muscles
- joints:
 - joint classifications – fibrous, cartilaginous, synovial (glide, plane, ball/socket, saddle, hinge, condyloid, pivot)
 - joint actions

- detailed joint anatomy for each major joint (shoulder, hip, sacroiliac, knee, ankle/foot, wrist, elbow, acromioclavicular, sternoclavicular, costal, spine, atlanto-occipital, temporomandibular)
- accessory/secondary/coupled motions of joints
- capsular restrictions and patterns
- physiology:
 - soft tissue:
 - muscle contraction
 - muscle physiology (reflexes, chemistry, proprioceptors)
 - tendons and ligaments
 - fascia
 - hard tissue:
 - bone growth and development
 - abnormal bone growth
- conditions commonly seen by massage therapists, including:
 - neck, back pain and headache
 - muscle, connective tissue and joint pain
 - arthritis
 - repetitive strain injuries and occupational overuse syndromes
 - postural problems
 - sports and activity related conditions
 - stress, anxiety and other mood related problems
- treatment planning techniques and considerations

Assessment Conditions

Skills must have been demonstrated in the workplace or in a clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - health assessment/client consultation forms
 - private consultation area
 - adjustable height massage table
 - towels/sheets for draping
 - oils/balms
 - hot/cold packs
 - bolsters
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 150 of the 200 hours of client consultation work

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

In addition, assessors must:

- have current clinical experience working as a massage therapist providing services to the general public
- hold practising membership of an Australian professional body that represents massage therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion Volume implementation guides are found in VETNet -

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