



**Australian Government**

# **HLTMSG004 Provide massage treatments**

**Release: 1**

## HLTMSG004 Provide massage treatments

### Modification History

| Release   | Comments                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Release 1 | <p>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.</p> <p>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.</p> |

### Application

This unit describes the skills and knowledge required to prepare for and provide massage treatments using a defined range of techniques and sequences.

This unit applies to massage therapists providing general health maintenance treatments. It does not include remedial massage techniques.

*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 client for treatment

1.1 Clearly outline how the treatment will be provided and managed based on assessment and agreed treatment approach

1.2 Explain factors which may interfere with the effectiveness of the treatment

1.3 Inform the client of possible physical or emotional reactions during and following a session, and the appropriate course of action to take

1.4 Follow established protocols to physically prepare the

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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

client for treatment

1.5 Confirm client consent for treatment

2. Use massage techniques and sequences

2.1 Determine treatment sequence, location and degree of pressure according to assessment indications and scope of practice

2.2 Position client to optimise comfort and support while allowing for effective application of techniques

2.3 Maintain client dignity through use of draping

2.4 Maintain therapist postures that ensure a controlled distribution of body weight

2.5 Maintain client-focused attention throughout session

2.6 Adjust treatment techniques and pressure based on client feedback

3. Monitor treatment

3.1 Use the condition and response of the client during treatment as feedback to the initial assessment

3.2 Use established massage assessment frameworks

3.3 Recognise reactions to treatment and respond promptly if necessary

3.4 Seek feedback during and after treatment, and evaluate need for ongoing or additional treatment, including referral to other health services

4. Provide advice and resources to the client

4.1 Provide client education in relation to self care

4.2 Answer client queries with clarity, using appropriate language

4.3 Provide accurate details of treatment plans, schedules and recommendations to the client

4.4 Clearly document treatment details and recommendations made

## 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 HLTMSG004 Provide massage treatments

### Modification History

| Release   | Comments                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Release 1 | <p>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.</p> <p>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.</p> |

### 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 80 hours of massage client consultation work
- prepared for and managed at least 40 massage treatment sessions - clients must include males and females from different stages of life with varied presentations
- used all of the following massage techniques:
  - effleurage
  - frictions
  - kneading
  - longitudinal gliding strokes
  - petrissage
  - compressions
  - tapotement
  - vibrations

### 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:

- massage techniques and how to apply them, for the following:
  - effleurage (kneading)
  - longitudinal gliding strokes
  - compressions
  - tapotement
  - heat pack application
- endangerment sites, where they are and the limitations of touching these depending on scope of practice:
  - anterior triangle of the neck
  - posterior triangle of the neck
  - axillary area
  - medial epicondyle
  - lateral epicondyle
  - sternal notch and anterior throat
  - umbilicus area
  - twelfth rib dorsal body
  - sciatic notch
  - inguinal triangle
  - popliteal fossa
- potential reactions during treatment and how to respond:
  - discomfort
  - emotional reactions
  - feedback - verbal, tactile, visual
  - muscle spasms
  - body temperature discomfort
  - deep relaxation
- potential reactions following treatment and appropriate client advice to provide
- methods of monitoring treatment progress:
  - reassessment
  - client feedback
- types of advice and resources that can be provided to clients for their use outside the clinical environment
- documentation requirements for recording treatment details

## 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:
  - client information – case history
  - 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 60 of the 80 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>