



Australian Government

Assessment Requirements for HLTMSG013 Perform remedial massage musculoskeletal assessments

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- conduct a complete remedial massage client assessment on three different people that involves:
 - completing each assessment within an acceptable commercial timeframe
 - whole upper body assessment including shoulder, elbow, wrist and hand
 - whole lower body assessment including pelvis, hip, knee, ankle and foot
 - whole spinal assessment including cervical, thoracic and lumbar
 - using remedial assessment techniques:
 - discussion
 - daily movement tasks
 - muscle strength and length tests
 - observation including variations of posture
 - orthopaedic tests
 - palpation of relevant bony landmarks and muscles
 - range of motion (ROM) testing including active, passive and resisted
 - discussing treatment options and rationale with each client
 - engaging each client in decision making.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- Commonwealth and State or Territory legal and ethical considerations for client assessment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - therapist and client boundaries
 - privacy, confidentiality and disclosure
 - records management

- work health and safety (WHS)
- work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- referral options for therapists:
 - allied health service and other health modalities
 - types and availability of further medical testing
- factors and barriers that may impact on remedial massage assessment:
 - physical
 - psychological
 - cultural
- factors that affect individual health status:
 - age
 - gender
 - lifestyle risk factors
 - personal and medical history:
 - comorbidities
 - sequelae and progression of disease
 - mental and emotional health
 - values, attitudes and beliefs
 - balance of rest, activity and sleep
 - physical environment
 - social environment
 - social determinants of health
- client information required for remedial massage assessment and the scope and depth of information needed around:
 - client expectations:
 - methods to clarify
 - managing
 - client understanding of current symptoms including pain or health condition
 - client history and its components
 - client current state of health
- signs and symptoms:
 - onset
 - duration
 - location
 - type and severity
- considerations for performing remedial massage assessments:
 - environment
 - equipment

- client privacy
- client instructions
- remedial treatment planning techniques and considerations
- remedial assessment techniques, how and when they are used:
 - discussion
 - daily movement tasks
 - muscle strength and length tests
 - observation including variations of posture
 - orthopaedic tests
 - palpation of relevant bony landmarks and muscles
 - ROM tests including active, passive and resisted
- cautions and contraindications to treatment and possible indications for client referral:
 - pregnancy
 - weak bone and joint instability
 - neurological dysfunction
 - vascular disorder
 - symptoms outside of scope of practice
 - excessive pain and abnormal responses to treatment
 - protracted pain
 - non-reproducible pain
 - fatigue
 - circulatory disorder
 - inflammation
 - lumps and tissue changes
 - rashes and changes in the skin
 - oedema
 - sudden changes in mood
 - infection
 - changes in appetite, elimination and sleep habits
 - bleeding and bruising
 - nausea, vomiting and diarrhoea
 - recent changes in body temperature
- remedial massage treatment techniques:
 - compressive techniques
 - deep pressure massage
 - friction techniques
 - lymphatic massage
 - muscle energy techniques
 - myofascial techniques without skin penetration
 - passive movement at joints

- stretching techniques
- thermotherapy
- trigger point techniques without skin penetration
- anatomy:
 - body systems relevant to massage assessment:
 - muscle physiology
 - nervous system including myotomes, peripheral nerves and nerve impingements including root and peripheral
 - integumentary
 - skeletal
- muscle origins, insertions and actions including synergistic groups:
 - adductor longus
 - adductor magnus
 - anconeus
 - biceps brachii
 - brachialis
 - brachioradialis
 - coracobrachialis
 - deltoid
 - digastric
 - erector spinae
 - extensor carpi radialis
 - extensor digitorum longus
 - extensor hallucis longus
 - flexor carpi radialis
 - flexor carpi ulnaris
 - flexor digitorum longus
 - flexor hallucis longus
 - frontalis
 - gastrocnemius
 - gemellus superior and inferior
 - gluteus maximus
 - gluteus medius
 - gluteus minimus
 - gracilis
 - hamstrings
 - iliacus
 - infraspinatus
 - intercostals
 - internal and external obliques

- latissimus dorsi
- levator scapulae
- longus colli
- masseter
- multifidus
- obliquus capitis inferior
- obliquus capitis superior
- obturator internus and externus
- palmaris longus
- pectineus
- pectoralis major
- pectoralis minor
- peroneals
- piriformis
- platysma
- popliteus
- pronator teres
- psoas major
- pterygoids
- quadratus femoris
- quadratus lumborum
- quadriceps
- rectus abdominis
- rectus capitis posterior
- rhomboids
- rotatores
- sartorius
- scalenes including anterior, medial and posterior
- semispinalis
- semi-spinalis capitis
- serratus anterior
- serratus posterior superior
- soleus
- splenius capitis
- splenius cervicis
- sternocleidomastoid
- subscapularis
- supinator
- supraspinatus
- temporalis

- tensor fasciae latae (TFL)
- teres major
- teres minor
- thenar muscle group
- tibialis anterior
- tibialis posterior
- transverse abdominis
- trapezius
- triceps brachii
- skeleton:
 - bones of the body
 - surface anatomy and palpable bony landmarks
 - bone growth and remodelling
- joints:
 - classifications including fibrous, cartilaginous and synovial:
 - glide
 - plane
 - ball and socket
 - saddle
 - hinge
 - condyloid
 - pivot
 - actions
 - detailed anatomy for each major joint:
 - shoulder
 - hip
 - sacroiliac
 - knee
 - ankle and foot
 - wrist
 - elbow
 - acromioclavicular
 - sternoclavicular
 - costal
 - spine
 - atlanto-occipital
 - temporomandibular
- nervous system
- physiology:
 - soft tissue:

- muscle physiology including contraction, reflexes, biochemistry and proprioception
- tendons and ligaments
- fascia
- hard tissue:
 - bone growth and development
 - abnormal bone growth
- conditions commonly seen by remedial therapists:
 - pain:
 - muscle and tendon
 - joint
 - neural
 - impact and fall injuries
 - headache and migraine
 - osteoarthritis
 - repetitive strain injuries and overuse syndromes
 - sport and activity-related conditions
 - stress, anxiety and other mood-related problems
- documentation requirements:
 - accurate
 - comprehensive
 - legible
 - in English
 - using industry terminology and standard abbreviations.

Assessment Conditions

Skills must be demonstrated in a simulated clinical environment that reflects workplace conditions set up for the purpose of skills assessment.

Assessment must ensure access to:

- health assessment and client consultation templates
- treatment plan template
- private consultation area
- adjustable height massage table
- towels or sheets for draping
- oils and balms
- bolsters
- hand washing or hand sanitising facilities.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors, and

- have current clinical experience working as a remedial massage therapist, myotherapist or soft tissue therapist providing services to the general public; and
- hold current practising membership of a relevant Australian professional body that represents remedial massage therapists, myotherapists or soft tissue therapists.

Links

Companion Volume implementation guides are found in VETNet -

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