



Australian Government

HLTMSG013 Perform remedial massage musculoskeletal assessments

Release: 1

HLTMSG013 Perform remedial massage musculoskeletal assessments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to assess clients presenting with symptoms, musculoskeletal conditions or restriction in range of motion. 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 or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certificate or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Massage Therapy

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Determine scope of client needs.

PERFORMANCE CRITERIA

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

- 1.1. Clarify client expectations and identify client motivation for wanting to receive remedial treatment.
- 1.2. Provide clear information about scope and limits of services to be provided, in accordance with legal and ethical considerations.
- 1.3. Collect an accurate, relevant and organised health record

- and document in a form which can be interpreted 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. Conduct client assessment.
 - 2.1. Determine appropriate assessment process.
 - 2.2. Provide information about the assessment process and obtain informed client consent to proceed.
 - 2.3. Follow clinical and therapist hygiene protocols and work health and safety (WHS) standards.
 - 2.4. Respect client dignity and anticipate potential sensitivities.
 - 2.5. Seek client feedback on comfort levels throughout assessment process.
 - 2.6. Assess client through palpation, observation, range of motion (ROM) testing and client's reported outcomes.
 - 2.7. Observe and note any client concerns about pain or health.
 - 2.8. Identify variations of posture or structural function in relation to presenting symptoms.
 - 2.9. Analyse variables of presenting condition through use of functional and special testing.
 - 2.10. Use ongoing discussions with client to gain subjective information as required for assessment.
 - 2.11. Document information from the assessment according to organisational policies and procedures.
 3. Develop treatment plan.
 - 3.1. Correlate results of 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.
 - 3.4. Identify and respond to cautions or contraindications for remedial treatments.
 - 3.5. Determine optimum techniques to be used for treatments.
 - 3.6. Use outcomes of assessment and analysis to determine and discuss treatment plan and expected client outcomes.
 - 3.7. Document all 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. Respond to client questions and concerns using language the client understands.
- 4.4. Obtain informed consent for remedial treatment.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	comprehend and interpret client records.
Writing skills to:	record client assessment information accurately and comprehensively.
Oral communication skills to:	- use listening and questioning to seek information and confirm understanding - deliver information to a client in an appropriate manner to ensure comprehension.

Unit Mapping Information

Supersedes and is not equivalent to HLTMSG003 Perform remedial massage musculoskeletal assessments.

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 HLTMSG013 Perform remedial massage musculoskeletal assessments

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

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