



Australian Government

Assessment Requirements for HLTMSG014 Provide remedial massage treatments

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:

- prepare for and manage at least four remedial massage treatments on different people according to treatment plan that involves:
 - applying treatment techniques in positions according to client needs
 - using the following 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
- provide post-treatment advice.

Knowledge Evidence

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

- remedial massage techniques and how to apply them:
 - 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
- remedial massage treatment techniques to address the following conditions:
 - sciatic pain
 - non-specific low back pain
 - arthritis:
 - osteoarthritis
 - rheumatoid
 - headache:
 - tension
 - cervicogenic
 - migraine
 - plantar fasciopathy
 - tendinopathy
 - impingement syndrome
 - bursitis
 - whiplash including cervical acceleration and deceleration injury
 - temporomandibular joint (TMJ) dysfunction
 - repetitive strain injury
 - medial and lateral epicondylalgia
 - carpal tunnel syndrome
 - postural-related pain
 - radiculopathy
 - neuralgia
- endangerment and cautionary sites including where they are and how to use palpatory skills in these areas according to scope of practice:
 - anterior triangle of the neck
 - brachial plexus
 - femoral triangle
 - cubital fossa
 - axilla
 - medial epicondyle
 - lateral epicondyle
 - sternal notch and anterior throat
 - abdominal region
 - twelfth rib
 - sciatic nerve
 - popliteal fossa
- potential responses during treatment and how to respond:
 - discomfort and pain

- allergic reaction
- emotional reaction
- feedback including verbal, tactile and visual
- muscle spasm
- flatulence
- autonomic reaction including sexual arousal
- body temperature change
- different sources of pain and how they present with various pathologies:
 - joint
 - muscle
 - nerve
- potential responses following treatment and appropriate client advice to provide:
 - blood pressure
 - autonomic nervous system response
- Commonwealth and State or Territory legal and ethical considerations for client treatment:
 - children in the workplace
 - codes of conduct
 - discrimination:
 - age
 - disability
 - racial and cultural
 - gender
 - duty of care
 - informed consent
 - mandatory reporting
 - therapist and client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work health and safety
 - work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- organisational protocols for preparing a client for treatment:
 - draping
 - disrobing
 - modesty and privacy
 - table positioning
 - bolstering and comfort
- organisational protocols for preparation of treatment area:
 - equipment hygiene

- table height
- bolstering
- room temperature
- position of electrical cords
- lighting
- client privacy provisions
- organisational protocols for preparation of self for providing treatment:
 - personal protective equipment (PPE)
 - hydration
 - personal hygiene
 - personal presentation:
 - hair
 - nails
 - jewellery
 - professional attire
 - footwear
- types of information and practical techniques that can be provided to clients for their use following treatment
- 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:

- client information including case history and treatment plan
- treatment record template
- private consultation area
- adjustable height massage table
- towels or sheets for draping
- oils and balms
- hot and cold packs
- bolsters
- hand washing or hand sanitising facilities
- personal protective equipment (PPE).

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>