



Australian Government

HLTMSG014 Provide remedial massage treatments

Release: 1

HLTMSG014 Provide remedial massage treatments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and provide remedial massage treatments based on the outcomes of an existing health assessment and treatment plan.

This unit applies to remedial massage therapists working with clients presenting with musculoskeletal dysfunction, pain or injury, acute or chronic pain, and pathological conditions.

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. Prepare for client treatment.

PERFORMANCE CRITERIA

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

- 1.1. Review available client information from intake form or records.
- 1.2. Prepare self, treatment area and equipment for providing treatment in accordance with organisational protocols.
- 1.3. Clearly outline how the remedial treatment will be provided and managed, based on assessment and agreed treatment approach.

- 1.4. Discuss with client the possible reactions to treatment and how to respond if any occur.
 - 1.5. Follow work health and safety (WHS) standards and organisational protocols to physically prepare the client for treatment.
 - 1.6. Confirm client informed consent for remedial treatment in accordance with legal and ethical considerations.
2. Use remedial massage treatment techniques.
 - 2.1. Apply remedial treatment techniques according to treatment plan.
 - 2.2. Continually monitor and adjust treatment according to client feedback and response.
 - 2.3. Position client to optimise comfort and support while allowing for optimum application of techniques.
 - 2.4. Maintain client dignity through use of draping.
 - 2.5. Maintain efficient and effective use of own and client's body position and movements throughout treatment.
 - 2.6. Maintain client-focused attention throughout treatment.
 - 2.7. Reassess client post-treatment.
3. Provide advice and information to the client.
 - 3.1. Provide information and practical techniques to client that support the remedial treatment plan.
 - 3.2. Support client independence and discuss client's role in achieving treatment outcomes.
 - 3.3. Respond to client enquiries using language the client understands.
 - 3.4. Use honesty and integrity when explaining treatment options, schedules and recommendations to the client.
 - 3.5. Document all treatment and findings including post-treatment recommendations.

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 information accurately and comprehensively.
Oral communication skills to:	- use listening and questioning to seek information and confirm understanding - deliver information to an audience in an appropriate manner

to ensure comprehension.

Technology skills to:

- access online sources of information.

Unit Mapping Information

Supersedes and is not equivalent to HLTMSG005 Provide remedial massage treatments.

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 HLTMSG014 Provide remedial massage treatments

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

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