



Australian Government

Assessment Requirements for HLTMSG018 Adapt massage practice for athletes

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:

- perform three sport massages:
 - including at least one pre-event, one post-event and one intra-event massage
 - each of the above massages on a different athlete
 - each of the above athletes participating in a different sport
- develop three different treatment plans:
 - each to address the specific needs of a different athlete
 - each addressing a different phase of the athlete's training or competition cycle.

Knowledge Evidence

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

- roles and responsibilities of different people associated with the health management of an athlete:
 - sport and technique coach and instructor
 - sport trainer
 - strength and conditioning coach
 - sport psychologist
 - exercise physiologist
 - medical practitioner
 - physiotherapist
 - chiropractor
 - osteopath
 - podiatrist
 - exercise therapist
 - dietician and nutritionist
 - parent and guardian
- Commonwealth and State or Territory legal and ethical considerations for client assessment and treatment:
 - codes of conduct

- duty of care
- informed consent
- mandatory reporting
- therapist and client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- work health and safety (WHS)
- reasons athletes access sport massage treatment:
 - injury
 - preparation
 - performance improvement
 - recovery
 - motivation
 - pain
 - stress
- pre-event, post-event and intra-event massage techniques and their application:
 - physical warm-up
 - mental preparation including stress management and motivation
 - maintenance massage:
 - muscle facilitation and stimulation
 - muscle relaxation and parasympathetic response
 - self-management and self-massage programs
 - full range of movement of the joints and muscles using passive and assisted techniques
- environmental conditions which may impact treatment:
 - availability of privacy
 - availability of massage equipment:
 - table
 - chair
 - draping
 - bolster
 - weather
 - hygiene
 - therapist posture
 - sport-specific dangers
- common sport injuries and how massage may play a role in their treatment:
 - sprain
 - strain

- bursitis
- tendinopathy
- contusion
- cramp
- delayed onset muscle soreness (DOMS)
- fracture
- dislocation
- compartment syndrome
- skin injuries and how massage therapists need to work in areas subject to:
 - burns and sunburn
 - laceration
 - abrasion
 - puncture wound
 - blister
- types of cryotherapy and thermotherapy used for recovery from injury and techniques used to apply them:
 - conduction including cold pack, ice massage and immersion bath
 - convection including cooling device
 - radiation
 - friction
 - topical application
- indications and considerations for use of cryotherapy and thermotherapy:
 - myofascial hypertonicity
 - pain
 - adequate time to achieve cryotherapy and thermotherapy goals without causing adverse reaction
- contraindications for use of cryotherapy and thermotherapy:
 - adverse reactions to topical application
 - pain
 - decreased sensitivity
- aspects of self-care for therapists:
 - hydration
 - nutrition
 - posture
 - ergonomics
 - sleep
 - rest and recovery
 - stretching
 - professional boundaries
 - fitness to practice.

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 health assessment and treatment plan
- client case history
- consultation area
- towels or sheets for draping
- oils and balms
- hot and cold packs
- 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>