



Australian Government

HLTMSG018 Adapt massage practice for athletes

Release: 1

HLTMSG018 Adapt massage practice for athletes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to determine massage needs and to adjust assessment and treatment to develop preventative and injury-related treatment strategies for athletes, sport participants and active people.

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 massage services required.

PERFORMANCE CRITERIA

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

- 1.1. Obtain consent from athlete to obtain and disclose information regarding their assessment and treatment.
- 1.2. Obtain information from athlete about their needs, goals and expectations.
- 1.3. Collate and evaluate information from others involved in the health management of the athlete.
- 1.4. Determine where and how massage fits within the overall athlete health management program.
- 1.5. Liaise with athlete and other appropriate persons to confirm

- own role, responsibilities and scope of practice in accordance with legal and ethical considerations.
2. Adapt massage assessment and treatment strategies to athlete needs.
 - 2.1. Obtain informed consent for assessment and treatment.
 - 2.2. Incorporate pre, post and intra event massage based on demands and impacts of the sporting activity and individual profile.
 - 2.3. Clearly outline how the treatment will be provided and managed, based on assessment and agreed treatment approach.
 - 2.4. Evaluate work health and safety (WHS) and environmental conditions including availability of privacy and make necessary adjustments to assessment and treatment.
 - 2.5. Tailor sport massage to meet athlete-specific needs.
 - 2.6. Recommend sport injury-specific therapies that support massage treatment.
 - 2.7. Provide athlete education in relation to self-treatment techniques as required.
 - 2.8. Discuss options for support services or referral to other health professionals as required to aid recovery.
 - 2.9. Integrate sport-specific information into treatment plan and document management details.
 3. Monitor and evaluate athlete treatment strategies.
 - 3.1. Review and evaluate effectiveness of treatment plan based on client response to treatment.
 - 3.2. Identify, access and interpret sources of additional information and advice when appropriate to continue management of the client.
 - 3.3. Collaborate with others involved in the health management of the athlete to ensure advice and treatment provides improved outcomes.
 - 3.4. Document recommendations and changes to treatment plans according to organisational policies and procedures based on evaluations and collaborative consultations.
 - 3.5. Reflect on therapist's own performance including self-care to inform future practice.

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
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- Reading skills to:
- interpret information from a range of sources.
- 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 HLTMSG007 Adapt remedial massage practice for athletes.

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 HLTMSG018 Adapt massage practice for athletes

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

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