

The Education Department 'Training Package' for 'HLTMSG005 Provide remedial massage treatments' is very detailed. You can view it at this link.

<https://training.gov.au/Training/Details/HLTMSG005>

This is the unit that requires 200 hours of clinic: It specifies that 50 can be done in a workplace, but the health funds and massage associations insist that all 200 hours are done in a facility at your college and supervised by a qualified and 'vocationally competent' trainer.

Here are the main items taught and assessed in this unit. To support your classroom studies, ask your colleagues, and use the internet to search for the latest ideas.

Application

This unit describes the 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 soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion (ROM).

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes *Performance criteria describe the performance needed to demonstrate achievement of the element.*

1. Prepare client for treatment

- 1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed
- 1.2 Explain factors which may interfere with the effectiveness of the treatment
- 1.3 Inform the client of possible physical or emotional reactions during and following a session and the appropriate course of action to take
- 1.4 Follow established protocols to physically prepare the client for treatment
- 1.5 Confirm client consent for treatment

2. Use remedial massage techniques and sequences

- 2.1 Determine treatment sequence, location and degree of pressure according to assessment indications
- 2.2 Use the condition and response of the client as a continual feedback to the initial assessment
- 2.3 Position client to optimise their comfort and support while

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allowing for optimum application of techniques

2.4 Maintain client dignity through use of draping

2.5 Maintain therapist postures that ensure a controlled distribution of body weight

2.6 Maintain client-focused attention throughout the treatment session

2.7 Recognise reactions to treatment and respond promptly

3. Provide advice and resources to the client

3.1 Educate client in relevant and practical techniques that support the treatment plan

3.2 Answer client queries with clarity, using language the client understands

3.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client

3.4 Promote client independence and responsibility in treatment

3.5 Discuss and agree on evaluation strategies

3.6 Accurately document treatment provided and details of client communications

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of massage client consultation work
- prepared for and managed at least 60 remedial massage treatment sessions - clients must include males and females from different stages of life with varied presentations
- applied techniques in each of the following positions during client consultation sessions according to client needs:
 - prone
 - supine
 - seated
 - side-lying recumbent
- used all of the following techniques appropriately:
 - frictions
 - passive joint movement
 - passive soft tissue movement

- deep tissue massage
- muscle energy
- neuromuscular
- press and release
- myofascial (without skin penetration)
- trigger point therapy (without skin penetration)
- lymphatic drainage
- temperature therapy
- proprioceptive neuromuscular facilitation (PNF)
- stretching
- mobilisation and movement at major joints (without adjustments or high velocity manipulations)

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for client assessment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/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
- remedial massage techniques and how to apply them:
 - friction techniques
 - compressive techniques
 - passive joint movement techniques
 - passive soft tissue movement
 - deep tissue massage
 - muscle energy techniques
 - myofascial techniques (without skin penetration)
 - trigger point therapy (without skin penetration)
 - lymphatic drainage
 - temperature therapy
 - topical applications
 - PNF
 - stretching techniques
 - mobilisation and movement at major joints (without adjustments or high velocity manipulations)
- remedial massage techniques to address the following conditions:

- sciatica
- arthritis
- headache
- plantar fasciiti
- shoulder impingement
- TMJ dysfunction
- repetitive strain injuries
- medial and lateral epicondylitis
- carpal tunnel syndrome
- postural imbalances
- endangerment sites - where they are and how to use palpatory skills in these areas according to scope of practice, including:
 - anterior triangle of the neck
 - posterior triangle of the neck
 - femoral triangle
 - cubital fossa
 - axillary area
 - medial epicondyle
 - lateral epicondyle
 - sternal notch and anterior throat
 - umbilicus
 - twelfth rib dorsal body
 - sciatic notch
 - inguinal triangle
 - popliteal fossa
- potential reactions during treatment and how to respond:
 - discomfort
 - emotional reactions
 - feedback - verbal, tactile, visual
 - muscle spasms
 - body temperature discomfort
 - deep relaxation
- potential reactions following treatment and appropriate client advice to provide
- types of advice and resources that can be provided to clients for their use outside the clinical environment
- documentation requirements for recording treatment details

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – case history, treatment plan
 - private consultation area
 - adjustable height massage table

- towels/sheets for draping
- oils/balms
- hot/cold packs
- bolsters
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 150 of the 200 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have current clinical experience working as a remedial massage therapist providing services to the general public
- hold practising membership of an Australian professional body that represents remedial massage therapists
- fulfil the continuing professional development requirements of the professional body to which they belong