

Unit of Study Outline

Unit of Study Name	<i>Remedial Massage Techniques 1</i>
Unit of Study Code	RMT521
Qualification/s:	HLT52015 Diploma of Remedial Massage
This Unit of Competency contributes to the following Units of Study	<p>HLTMSG005 Provide remedial massage treatments*</p> <p>HLTMSG007 Adapt remedial massage practice for athletes*</p> <p>*These units of competency are also delivered in across term 3 of HLT52015 Diploma of Remedial Massage. Students must complete RMT521 and RMT531 in order to be awarded HLTMSG005 Provide remedial massage treatments and HLTMSG007 Adapt remedial massage practice for athletes. RMT521 must be completed in order to progress to RMT531.</p>
Units of Study Prerequisites	Nil
Delivery Methods and Contextualisation	<p>The competency units will be delivered on campus. This will be primarily through PowerPoint presentations, practical demonstrations, paired/group work tasks, peer massage practice and individual research tasks.</p> <p>Delivery strategies will be contextualised to focus on the needs and specific requirements of students in the massage industry, applying all theoretical aspects to remedial massage delivery.</p>
Delivery / Learning & Assessment Hours	<p>Online delivery – Full-time and Part-time students</p> <ul style="list-style-type: none"> ➤ 6 hours directed study per week for 10 weeks ➤ 2 hours self-study per week for 10 weeks <p>Endeavour may deliver units of study in intensive format for smaller cohorts whilst still ensuring that all requirements as recommended by the Health Training Package are met.</p>
Department	Health
Unit of Study Coordinator	Anthony Turri
Unit of Study Overview	<p>This unit of study provides students with knowledge and skills 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).</p> <p>It will also equip students to determine the remedial massage needs of athletes and to adjust assessment and treatment to develop preventative and injury related treatment strategies for athletes and other sport active people.</p>

HLTMSG005 Provide remedial massage treatments

Element	Performance Criteria	
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 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

HLTMSG007 Adapt remedial massage practice for athletes

Element	Performance Criteria	
1. Determine scope of massage services required	1.1	Obtain information from athlete about their potential service needs
	1.2	Collate and evaluate information from others involved in the health management of the athlete
	1.3	Determine where and how massage fits within the overall athlete health management program
	1.4	Confirm own role and responsibilities with athlete and other health management professionals
2. Adapt remedial massage assessment and treatment strategies to athlete needs	2.1	Incorporate pre and post event massage based on demands and impacts of the sporting activity and individual profile
	2.2	Identify musculoskeletal sports injuries and their potential for treatment with massage within scope of own practice
	2.3	Tailor sports injury management strategies that incorporate the concept of stages of recovery
	2.4	Recommend sport injury specific therapies and exercises that support massage treatment
	2.5	Provide athlete education in relation to self-massage techniques as required
	2.6	Provide recommendations for ongoing support packages to aid recovery from injury
	2.7	Integrate sport related information and research evidence into treatment plan and clearly document treatment details
3. Monitor and evaluate athlete treatment strategies	3.1	Review effectiveness of treatment plans based on client response to preventative and injury related treatments
	3.2	Evaluate impact of ongoing treatment in relation to client's physical, mental and emotional condition relative to their sport
	3.3	Seek feedback from others involved in the health management of the athlete and ensure that advice provided is in line with advice of other health professionals
	3.4	Adjust plans based on evaluations in consultation with client and colleagues
	3.5	Accurately document recommendations and changes to treatment plans

Content

Week	Content	Core Learning Activities	Supportive Learning Activities
1	<ul style="list-style-type: none"> ➤ Introduction to Deep Tissue Techniques ➤ Introduction to Advanced Deep Tissue Techniques 	PowerPoint Presentation, Practical Demonstration	Massage and Myotherapy Australia – Code of Ethics, Standards and National Code of Conduct
2	<ul style="list-style-type: none"> ➤ Introduction to Trigger Point Therapy (TrP) ➤ DTT & TrP of the Chest & Shoulder 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
3	<ul style="list-style-type: none"> ➤ DTT & TrP of the Shoulder Girdle ➤ DTT & TrP of the Stabilising Cuff & Upper Limb 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
4	<ul style="list-style-type: none"> ➤ DTT & TrP of the Cervical Region & Head ➤ DTT & TrP of the Thoracic Region & Treatment of Upper Cross Syndrome 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
5	<ul style="list-style-type: none"> ➤ DTT & TrP of the Lower Back & Deep Core ➤ DTT & TrP of the Pelvic Region 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
6	<ul style="list-style-type: none"> ➤ DTT & TrP of the Abdominal Region & Treatment of Lower Cross Syndrome ➤ DTT & TrP of the Upper Leg 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
7	<ul style="list-style-type: none"> ➤ DTT & TrP of the Lower Leg ➤ HLTMSG005 Practical Observation (Peer Treatment Deep Tissue & Trigger Point) 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	Massage and Myotherapy Australia – Code of Ethics, Standards and National Code of Conduct
8	<ul style="list-style-type: none"> ➤ Remedial Treatment Strategies ➤ Introduction to Joint Mobilisation & Thoracic Mobilisations 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
9	<ul style="list-style-type: none"> ➤ Mobilisation of the Cervical, Thoracic & Lumbar Regions ➤ Mobilisation of the Upper Limb 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	
10	<ul style="list-style-type: none"> ➤ Mobilisation of the Pelvis & Lower Limbs ➤ HLTMSG005 Practical Observation (Peer Treatment Joint Mobilisation) 	PowerPoint Presentation, Practical Demonstration, Peer Massage Treatment	Massage and Myotherapy Australia – Code of Ethics, Standards and National Code of Conduct

Primary Learning Resources*

1	PowerPoint Presentation
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2	Practical Demonstrations
3	Peer Treatment
4	Massage Technique Videos

* Primary learning resources includes the practical texts from all pre-requisite units that students are expected to utilise in their clinical practicums.

Supplementary Learning Resources

1	Massage and Myotherapy Australia – Code of Ethics, Standards and National Code of Conduct
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Assessment

Assessment for this unit of study is both formative and summative.

- *Formative* means that a student will receive feedback in a timely manner and apply this feedback in order to improve their learning throughout the duration of the study period.
- *Summative* means that the assessment item contributes to the overall assessment of required knowledge or / and skills or / and application of these in practice in order to demonstrate competency.

For this unit of study, please note the specific requirements for each assessment item and the required level of achievement expected in order to show satisfactory progress towards competency.

Vocational Education & Training (VET) students are required to pass all pieces of summative assessment. The Assessment Schedule (due dates) is to be followed and students are to adhere to these dates unless they have legitimate grounds for extension or deferral (see [Assessment Policy - VET](#)).

Students who fail a piece of assessment will be offered two reassessment opportunities and must complete this reassessment within the time frame given for that reassessment item.

Assessment Task	Required Skills & Knowledge	Assessment Schedule	Conditions
Directed Learning Activities	<i>HLTMSG005 Practical Observation (Peer Treatment Deep Tissue & Trigger Point)</i>	<i>Week 7</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG005 Short Answer Assessment</i>	<i>Week 9</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG005 Practical Observation (Peer Treatment Joint Mobilisation)</i>	<i>Week 10</i>	<i>Satisfactory/Not Yet Satisfactory</i>

NOTE: On the satisfactory completion of all tasks listed above the learner will be deemed competent in each Unit of Competency. All assessments are underpinned by Endeavour's quality client service philosophy which embraces client safety and safe work practices. Endeavour uses the following underpinning criteria for all assessments:

Attendance	Students must have 100% attendance for all practicum sessions.
Participation	Students must demonstrate a high level of participation in all clinic activities including reception / administration duties and assessing & treating clients.
Professionalism	Students are required to wear the mandated College uniform, prepare for classes and act in a professional manner.
Adherence to Code of Conduct	Students are expected to adhere to the College's <u><i>Student Code of Conduct - VET</i></u> .