

Unit of Study Outline

Unit of Study Name	<i>Provide Musculoskeletal Assessments 1</i>
Unit of Study Code	PMA520
Qualification/s:	HLT52015 Diploma of Remedial Massage
This Unit of Competency contributes to the following Units of Study	<p>HLTMSG003 Perform remedial massage musculoskeletal assessments*</p> <p>*This unit of competency is also delivered in across term 3 of HLT52015 Diploma of Remedial Massage. Students must complete PMA520 and PMA530 in order to be awarded HLTMSG003 Perform remedial massage musculoskeletal assessments. PMA520 must be completed in order to progress to PMA530.</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 • 3 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 assess the needs of clients presenting with soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion (ROM). It requires the ability to gather client information, conduct specific tests and bring information together to develop a remedial massage treatment plan. There is a strong focus on functional anatomy.</p>

HLTMSG003 Perform remedial massage musculoskeletal assessments

Element	Performance Criteria	
1. Determine scope of client needs	1.1	Explore and clarify client expectations
	1.2	Provide clear information about scope and limits of services to be provided
	1.3	Collect an accurate, relevant and organised health record, and document in a form which can be interpreted readily by other professionals
	1.4	Recognise needs that are beyond scope of own practice and make referrals to other health care professionals as required
	1.5	Identify and respond to any barriers to information gathering and assessment
	1.6	Seek client information respectfully and sensitively, using purposeful, systematic and diplomatic questions
	1.7	Manage information in a confidential and secure way
2. Make a physical assessment	2.1	Provide information about the physical assessment process and obtain client consent to proceed
	2.2	Follow clinical and practitioner hygiene procedures
	2.3	Respect client dignity and anticipate sensitivities
	2.4	Seek client feedback on comfort levels
	2.5	Assess client through palpation, observation and ROM testing
	2.6	Identify variations from normal posture or structural function in relation to presenting symptoms
	2.7	Analyse static and dynamic variables of posture through use of functional and special testing indicated by presenting condition
	2.8	Use ongoing questioning with client to gain further information as required
	2.9	Accurately document information from the physical assessment
3. Develop treatment plan	3.1	Correlate results of physical assessment with case history
	3.2	Consider available medical information and incorporate into analysis within scope of own practice
	3.3	Identify condition according to stage and related implications

	3.4	Identify and respond to indications or contraindications for remedial massage
	3.5	Determine optimum type, duration and frequency of treatments
	3.6	Use professional judgement to draw substantiated conclusions about treatment needs
	3.7	Establish expected treatment outcomes based on the remedial massage framework and evidence
	3.8	Accurately document proposed treatment plan
4. Confirm assessment and treatment plan with client	4.1	Discuss assessment, its implications and rationale for treatment with the client
	4.2	Assign and agree treatment priorities and expectations in consultation with the client
	4.3	Schedule times and session lengths suited to the required techniques and sequences
	4.4	Respond to client enquiries using language the client understands
	4.5	Discuss referral and collaborative options with the client as required

Content

Week	Content	Core Learning Activities	Supportive Learning Activities
1	<ul style="list-style-type: none"> ➤ Introduction to Musculoskeletal Assessment ➤ HLTMSG003 Practical Assessment Posture 	PowerPoint Presentation Practical Demonstration Peer Assessment	
2	<ul style="list-style-type: none"> ➤ Anatomy of the Shoulder ➤ Assessment of the Shoulder 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
3	<ul style="list-style-type: none"> ➤ Anatomy of the upper limb ➤ Assessment of the upper limb 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
4	<ul style="list-style-type: none"> ➤ Anatomy of the cervical region and head ➤ Assessment of the cervical region 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos

5	<ul style="list-style-type: none"> ➤ Anatomy of the thoracic and lumbar region ➤ Assessment of the thoracic and lumbar region 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
6	<ul style="list-style-type: none"> ➤ Anatomy of the pelvis, thigh and knee ➤ Assessment of the hip and pelvis 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
7	<ul style="list-style-type: none"> ➤ Assessment of the Knee ➤ Anatomy of the lower leg and foot 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
8	<ul style="list-style-type: none"> ➤ Anatomy of the ankle and foot ➤ Revision for practical assessment 	PowerPoint Presentation Practical Demonstration Peer Assessment	Technique Videos
9	<ul style="list-style-type: none"> ➤ HLTMSG003 Practical Assessment Upper Body ➤ HLTMSG003 Practical Assessment Lower Body 	PowerPoint Presentation Practical Demonstration Peer Assessment	
10	<ul style="list-style-type: none"> ➤ Gait Analysis ➤ HLTMSG003 Practical Assessment Gait Analysis 	PowerPoint Presentation Practical Demonstration Peer Assessment	

Primary Learning Resources*

1	PowerPoint Presentation
2	Practical Demonstration

* 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	Videos
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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>HLTMSG003 Practical Assessment Posture</i>	<i>Week 1</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ1</i>	<i>Week 2</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ5</i>	<i>Week 3</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ6</i>	<i>Week 4</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ2</i>	<i>Week 5</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ3</i>	<i>Week 6</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 Short Answer Assessment</i>	<i>Week 7</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 MCQ4</i>	<i>Week 8</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 Practical Assessment Upper Body</i>	<i>Week 9</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 Practical Assessment Lower Body</i>	<i>Week 9</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG003 Practical Assessment Gait</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:

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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 <i>Student Code of Conduct - VET</i> .