
Overview

This unit is about preparing for and applying the following massage methods to non- pathological tissue:

1. effleurage
2. petrissage
3. tapôtement
4. vibration

Massage applies to all relevant areas of the body.

The unit is divided into two parts. The first part describes the four things you have to do. These are:

1. prepare self and equipment
2. assess client and agree massage methods
3. apply massage methods
4. evaluate the effectiveness of massage methods

The second part covers the essential knowledge and understanding you must have.

In sport and active leisure this unit could be used in the context of training and the pre-, inter and post sport/activity phases, including pre- and post-travel.

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Performance criteria

You must be able to:

Prepare self and equipment

- P1 where necessary, follow approved guidelines for the presence of a chaperone
- P2 prepare and store records according to legal requirements
- P3 obtain information relevant to the cautions and contraindications to massage and respond appropriately
- P4 observe, palpate, assess and move the area in a way that is appropriate to the client and their needs
- P5 refer when necessary to a relevant professional
- P6 devise a massage strategy appropriate to the client, their needs and your scope of practice

You must be able to:

Assess client and agree massage methods

- P7 where necessary, follow approved guidelines for the presence of a chaperone
- P8 prepare and store records according to legal requirements
- P9 obtain information relevant to the cautions and contraindications to massage and respond appropriately
- P10 observe, palpate, assess and move the area in a way that is appropriate to the client and their needs
- P11 refer when necessary to a relevant professional
- P12 devise a massage strategy appropriate to the client, their needs and your scope of practice
- P13 make sure the client understands the nature and purpose of the massage method and the equipment to be used
- P14 follow the correct procedures to obtain informed consent

You must be able to:

Apply massage methods

- P15 where necessary, follow approved guidelines for the presence of a chaperone
- P16 prepare the relevant body area with due respect to the client's dignity and their informed consent
- P17 make sure the client is correctly positioned, safe and comfortable throughout the massage method
- P18 select and apply massage methods that are within your scope of practice and the client's informed consent
- P19 apply the massage method correctly and consistently to meet the client's needs
- P20 observe and take account of the cautions and contraindications to massage methods
- P21 provide the client with appropriate materials and assistance to remove

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the massage medium when appropriate

You must be able to:

Evaluate the effectiveness of massage methods

- P22 obtain and record feedback on the effects of massage methods from the client
- P23 measure client feedback against the aims and objectives of your massage strategy
- P24 identify any adverse reactions
- P25 make reassessments
- P26 provide the client with appropriate advice and additional opportunities for feedback
- P27 refer when necessary to a relevant professional
- P28 make clear records in an acceptable
- P29 store records safely and securely according to legal requirements
- P30 evaluate the massage strategy
- P31 destroy records as legally required

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Knowledge and understanding

You need to know and understand:

- K1 anatomy, physiology and pathology relevant to the massage methods covered by the unit
- K2 the importance of applying the underpinning knowledge of anatomy, physiology and pathology to the practice of massage
- K3 the accepted standards of practice and recognition of clients presenting with pre-existing conditions and problems
- K4 the importance of accurate assessment, reassessment and record keeping
- K5 the physiological and neurological effects of massage methods
- K6 the content of massage mediums in relation to allergic reaction and contraindication
- K7 the importance of cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations and environments
- K8 the importance of maintaining the dignity and comfort of the client throughout the massage process
- K9 the importance of ensuring the client is correctly positioned
- K10 the importance of having a suitable chaperone present when working with clients and the principles to observe in relation to the protection of children and vulnerable adults and child protection legislation
- K11 the importance of obtaining informed consent prior to assessment and any application or course of massage – practitioners are required to tell the client anything that would substantially affect the client's decision; such information typically includes the nature and purpose of the massage, its risks and consequences and any alternative courses of treatment
- K12 the importance working within the limits of informed consent
- K13 the importance of obtaining information on the cautions and contraindications to massage before commencing any treatment and how to obtain this information
- K14 the indications for massage
- K15 what the cautions and contraindications to massage are, for example: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation, mental incapacity
- K16 the importance of referral to relevant professionals when necessary and of working within your scope of practice
- K17 the agreed standards of personal hygiene, dress and appearance and why they are important
- K18 current safety legislation for the types of equipment used in massage

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- K19 the importance of making sure the equipment and the area provide for the comfort and dignity of the client
- K20 the correct materials to use for the range of massage methods covered by the unit
- K21 the importance of explaining the aims and objectives of massage to the client
- K22 how to obtain relevant information
- K23 how to observe, palpate, assess and move the area before and after massage and why
- K24 how to prepare the body area for the range of methods listed and why
- K25 why the client should understand the nature and purpose of the massage and the equipment being used
- K26 how to apply the range of methods listed in the unit with particular reference to: contour of hands, position (stance/posture), depth of pressure, direction of movement, the medium used, speed and rhythm of movement
- K27 the application of the range of methods to the range of conditions/situations listed
- K28 situations in which you should and should not remove the massage medium
- K29 the importance of evaluating the effectiveness of massage
- K30 how to obtain feedback from the client on the effects of massage
- K31 the possible adverse reactions to massage and how to identify these
- K32 why it is important to provide reassurance and opportunities for further feedback and how to do so
- K33 how to report/refer to relevant health care professionals, why it is important to follow their directions and recognise working within scope of practice
- K34 the details of the massage and its effects that should be recorded
- K35 the importance of accurate and confidential record keeping and safely storing records
- K36 legal requirements for the storage of information on clients and the methods you have applied

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Additional Information

Scope/range related to performance criteria

1. **equipment**
 - 1.1. couch and couch roll
 - 1.2. other suitable surface
 - 1.3. massage medium
 - 1.4. towels

2. **area**
 - 2.1. massage room
 - 2.2. in situ

3. **clients**
 - 3.1. both sexes
 - 3.2. pre-adolescent
 - 3.3. adolescent
 - 3.4. adult
 - 3.5. special populations

4. **massage method**
 - 4.1. effleurage
 - 4.2. petrissage
 - 4.3. tapôtement
 - 4.4. vibration

5. **assessment**
 - 5.1 personal and medical details
 - 5.2 medical history
 - 5.3 previous medical history
 - 5.4 observations
 - 5.5 palpations
 - 5.6 range of movement
 - 5.7 massage strategy
 - 5.8 advice

6. **reassessment**
 - 6.1 client's personal and medical details
 - 6.2 client medical history
 - 6.3 previous medical history
 - 6.4 observations
 - 6.5 palpations
 - 6.6 range of movement

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6.7 massage strategy

6.8 advice

Links to other NOS

This unit is the same as Unit CNH20 from the Skills for Health Complementary and Natural Healthcare NOS.

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Suite Sports Therapy

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