

SKAD522

Plan, apply and evaluate complex massage/soft tissue methods



Overview

This unit is about preparing for and applying the following massage/soft tissue methods

1. friction
2. connective tissue massage
3. proprioceptive neuromuscular facilitation
4. positional release/strain counter strain techniques
5. effleurage
6. petrissage
7. muscle energy techniques
8. myofascial techniques
9. neuromuscular techniques/trigger point therapy
10. soft tissue release
11. tapôtement
12. vibration
13. compressions
14. passive stretching

Massage may be applied in the following contexts

15. injury management – post acute phase
16. injury prevention
17. problem solving (non-injury presentations)
18. pre-existing conditions/disease processes (therapeutic and remedial)

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. consult with, examine and assess the client and agree massage/soft tissue methods
3. apply massage/soft tissue methods
4. evaluate the effectiveness of massage/soft tissue methods

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

In the sport and activity context massage can be applied to training and the pre-, inter and post sport/activity phase, including pre- and post-travel.

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Performance criteria

You must be able to:

Prepare self and equipment

- P1 ensure there is adequate public liability and professional indemnity insurance
- P2 apply agreed standards of personal hygiene, dress and appearance
- P3 make sure equipment meets current health and safety requirements
- P4 make sure equipment and area provide for the comfort and dignity of the client
- P5 identify, assess and manage risks in the area
- P6 make sure equipment and area are clean and hygienic
- P7 select materials that are appropriate for the planned massage/soft tissue method

You must be able to:

Consult with, examine and assess the client and agree massage/soft tissue methods

- P8 where necessary, follow approved guidelines for the presence of a chaperone
- P9 prepare and store records according to legal requirements
- P10 obtain information on the client and context
- P11 obtain information relevant to the cautions and contraindications to massage/soft tissue methods
- P12 observe, palpate, assess and move the area in a way that is consistent with the context and the client's condition
- P13 agree the aims and objectives of the massage/soft tissue method
- P14 devise a combined massage and soft tissue strategy appropriate to the client and the context within your scope of practice
- P15 refer when necessary to a relevant professional
- P16 identify objective and subjective markers to measure the effect of massage/soft tissue method
- P17 follow the correct procedures to obtain informed consent
- P18 make sure the client understands the nature and purpose of the massage/soft tissue method and the equipment to be used
- P19 adapt your working practices to the area in which you are working

You must be able to:

Apply massage/soft tissue methods

- P20 where necessary, follow approved guidelines for the presence of a chaperone
- P21 prepare the relevant body area with due respect to the client's dignity and their informed consent
- P22 make sure the client is correctly positioned, safe and comfortable throughout the massage/soft tissue method
- P23 select and apply massage methods that are within your scope of

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- P24 practice and the client's informed consent
- P24 apply the massage/soft tissue method correctly and consistently to meet the client's presentation and needs in the context
- P25 observe and take account of the cautions and contraindications to massage/soft tissue methods
- P26 record and respond appropriately to visual and oral feedback during the delivery of massage/soft tissue methods
- P27 provide the client with appropriate materials and assistance to remove the massage medium when appropriate
- P28 respond appropriately to pre-existing conditions and disease processes

You must be able to:

Evaluate the effectiveness of massage/soft tissue methods

- P29 obtain and record feedback on the effects of massage/soft tissue methods from the client
- P30 measure client feedback against the aims and objectives of your massage strategy
- P31 identify any adverse reactions
- P32 make reassessments if necessary
- P33 provide the client with appropriate advice and additional opportunities for feedback
- P34 make clear records in an acceptable format
- P35 refer and/or report to the relevant health care professional and follow their directions
- P36 store records safely and securely according to legal requirements
- P37 evaluate the massage strategy
- P38 destroy records as legally required

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Knowledge and understanding

You need to know and understand:

- K1 anatomy, physiology and pathology appropriate to the massage methods and contexts 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 client's presenting with pre-existing conditions and problems
- K4 the importance of accurate client assessment and record keeping
- K5 the physiological and neurological effects of the massage/soft tissue methods covered by
- K6 the content of massage mediums in relation to allergic reaction and contraindication
- K7 the psychology of injury as it applies to massage/soft tissue methods
- K8 the relevance of nutrition – hydration, food fuels, chemical fuels
- K9 the importance of physiology in understanding the client's needs
- K10 how to conform to protocols for all forms of communication
- K11 the importance of cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations and environments
- K12 the importance of maintaining the dignity and comfort of the client throughout the massage process
- K13 the importance of ensuring the client is correctly positioned
- K14 the importance of having a suitable chaperone present when working with clients and the principles to observe in relation to protection of children and vulnerable adults and child protection legislation
- K15 the importance of obtaining informed consent prior to any assessment and 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
- K16 the importance of working within the limits of informed consent
- K17 the importance of obtaining information on the possible cautions and contra indications to massage before commencing any treatment and how to obtain this information
- K18 the indications for massage
- K19 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
- K20 the agreed standards of personal hygiene, dress and appearance and

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- why they are important
- K21 current safety legislation for the types of equipment used in massage
- K22 the importance of making sure the equipment and the area provide for the comfort and dignity of the client
- K23 the correct materials to use for the range of massage methods covered by the unit
- K24 the importance of explaining the aims and objectives of massage to the client
- K25 how to obtain relevant information
- K26 how to observe, palpate, assess and move the area to be massaged in advance and why
- K27 the importance of referral to relevant professionals when necessary and of working within your scope of practice
- K28 how to prepare the body area for the range of methods listed and why
- K29 why the client should understand the nature and purpose of the massage and the equipment being used
- K30 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
- K31 the application of the range of methods to the range of conditions/situations listed
- K32 situations in which you should and should not remove the massage medium
- K33 the importance of evaluating the effectiveness of massage
- K34 how to obtain feedback from the client on the effects of massage
- K35 the possible adverse reactions to massage and how to identify these
- K36 why it is important to provide reassurance and opportunities for further feedback and how to do so
- K37 how and when to report/refer to relevant health care professionals, why it is important to follow their directions and recognising working within scope of practice
- K38 the details of the massage and its effects that should be recorded
- K39 the importance of accurate and confidential record keeping and safely storing records
- K40 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/soft tissue room
 - 2.2. in situ at sporting event

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

4. **massage method**
 - 4.1. friction
 - 4.2. connective tissue massage
 - 4.3. proprioceptive neuromuscular facilitation
 - 4.4. muscle energy techniques
 - 4.5. myofascial techniques
 - 4.6. neuromuscular techniques/trigger point therapy
 - 4.7. soft tissue release
 - 4.8. positional release/strain counter strain techniques
 - 4.9. effleurage
 - 4.10. petrissage
 - 4.11. tapôtement
 - 4.12. vibration
 - 4.13. compressions
 - 4.14. passive stretching

5. **contexts**
 - 5.1 injury management
 - 5.2 injury prevention
 - 5.3 problem solving (non-injury presentation)
 - 5.4 pre-existing conditions

6. **assessment**
 - 6.1 personal and medical details
 - 6.2 medical history

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- 6.3 previous medical history
- 6.4 observations
- 6.5 palpations
- 6.6 range of movement
- 6.7 massage strategy
- 6.8 advice

- 7. **presentations**
 - 7.1 pain
 - 7.2 changes in muscle tone
 - 7.3 changes in joint range of movement
 - 7.4 pathological changes

- 8. **reassessments**
 - 8.1 client's personal and medical details
 - 8.2 client medical history
 - 8.3 previous medical history
 - 8.4 observations
 - 8.5 palpations
 - 8.6 range of movement
 - 8.7 combined massage strategy
 - 8.8 advice

Links to other NOS

This unit is the same as Unit CNH22 from the Skills for Health Complementary and Natural Healthcare NOS

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