### RPL Standard



### HLTMSG003 – Perform Remedial Massage Musculoskeletal Assessments

**How to complete this form:**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit Description:**

This unit describes the skills and knowledge 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.

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

relevant to all performance criteria, knowledge and **performance evidence**.

**The applicant must provide evidence of the following to gain RPL for this unit:**

* Completed the activities outlined in the performance criteria of this unit during a period of at least **200 hours** of massage client consultation work
* Completed supervised student massage consultations including at least **60** remedial massage musculoskeletal assessments - clients must include males and females from different stages of life with varied presentations
* Ability to complete remedial massage assessment techniques appropriately, including:
* Interview/questioning
* Observation, including variations of posture
* Active, passive & resisted ranges of motion testing
* Muscle strength and length tests
* Orthopaedic tests
* Palpation of prominent bones/structure and phasic and postural muscles
* Temperature
* Completed physical assessments and interacted effectively with clients:
* clearly articulated information about services, treatment options and rationale
* engaged clients in decision making
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working within the industry via letters from employers, membership with professional associations etc, health provider recognition

### Evidence of client consultations

### Completion of ACFB e-learning quiz/oral questioning may be required after enrolment

**Evidence documents MUST include, but not limited to:**

### Evidence of work within a health industry where direct client consultation is completed via submission of;

* Submission of **150 client consultation** documents (totally 200 hours), with clients presenting with different conditions. **Sixty (60)** of these consultations must demonstrate remedial massage assessment techniques being implemented.
* The client documents can include ongoing clients however a medical history form for each individual client and client forms must be included for each treatment
* Submitted documents must demonstrate the ability to work with clients with a variety of presenting conditions
* Each client must have client identifiers blanked out
* Copy of membership to an Australian professional body that represents massage therapists

**Practical Demonstrations** *(completed after enrolment to determine currency of knowledge and skills)*

* A practical demonstration of your ability to competently complete a variety of physical assessments at a level that includes a satisfactory level of orthopaedic testing;
* Postural assessment & Active, Passive, Resisted ROM testing at a remedial level and understanding
* Safety testing including neural testing
* Flexibility testing
* Pain provocation testing
* Clinical reasoning skills
* A practical demonstration to demonstrate your current ability to implement a remedial massage assessment relevant to the presenting condition. This demonstration will assess knowledge of applying clinical reasoning skills by way of a structured approach to determine a differential list followed by a clinical impression relevant to the presenting condition.

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| HLT52015 | | Diploma of Remedial Massage | | **HLTMSG003** | **Perform Remedial Massage Musculoskeletal Assessments** | | **Office Use Only** | |
| **Type of Unit:** Core | | **Prerequisite:** None | |
| **Elements / Performance Criteria** | | | **EVIDENCE***(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | | | **Sufficient** | **F.E.R.** |
| **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 | |  | |  |

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| **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 |

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| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| 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 |  |  |  |
| Referral options for practitioners:   * Professional health services including complementary health modalities * Community resources and support services * Types and availability of further medical testing |  |  |  |
| Factors and barriers that may impact on assessment, including:   * Physical * Psychological * Cultural |  |  |  |
| Factors that affect individual health status, including:   * Age, Gender, Constitution * Lifestyle, Diet * Personal and medical history * Values and attitudes * Balance of rest and activity * Physical environment * Social environment |  |  |  |
| Client information required for remedial massage assessment and the scope and depth of information needed around:   * Client expectations * Client history and its components * Client current state of health * Signs and symptoms (Onset, Duration, Location, Quality and severity, Non-verbal) Client instructions |  |  |  |
| Protocols for performing physical massage assessments:   * Environment * Equipment * Client privacy * Client instructions |  |  |  |
| Remedial massage diagnostic techniques, how and when they are used:   * Discussion * Muscle strength and length tests * Observation, including variations of posture * Orthopaedic tests * Palpation of prominent bones/structure and phasic and postural muscles * ROM tests * Temperature |  |  |  |
| Contraindications to treatment and possible indications for referral:   * Weak bone/joint instability * Neurological dysfunction * Vascular disorders * Lack of working diagnosis * Pain of excessive nature or abnormal responses to treatment * Patient non-compliance |  |  |  |
| Anatomy:   * Body systems relevant to massage assessment * Muscular physiology * Nervous system, including myotomes, peripheral nerves, nerve impingements (both root and peripheral) * Integumentary * Skeletal |  |  |  |
| Muscles – major muscle actions including individual actions, planes and synergistic groups: (Upper Body)   * Temporalis * Masseter * Frontalis * Pterygoids * Longus colli * Digastric * Rectus capitis posterior * Obliquus capitis superior * Obliquus capitis inferior * Splenius capitis * Splenius cervicis * Semi-spinalis capitis * Scalenes * Sternocleidomastoid * Trapezius * Levator scapulae * Latissimus dorsi |  |  |  |
| Muscles – major muscle actions including individual actions, planes and synergistic groups: (Lower Body)   * Rectus abdominis * Quadratus lumborum * Psoas * Transverse abdominis * Internal/external obliques * Gluteus maximus * Gluteus medius * Gluteus minimus * Piriformis * Gemellus superior/inferior * Obturator internus and externus * Quadratus femoris * Quadriceps * Sartorius * Gracillis * Pectineus * Tibialis anterior * Tibialis posterior * Peroneals * Flexor digitorum longus * Flexor hallucis longus * Hamstrings * Adductor magnus * Adductor longus * Popliteus * Gastrocnemius * Soleus |  |  |  |
| Skeleton:   * Bones of the body * Major bony landmarks * Surface anatomy and palpable bony landmarks * Bone growth and remodelling * Bony landmarks pertaining to muscles * Joints:   Joint classifications – fibrous, cartilaginous, synovial (glide, plane, ball/socket, saddle, hinge, condyloid, pivot)   * Joint actions:   Detailed joint anatomy for each major joint (shoulder, hip, sacroiliac, knee, ankle/foot, wrist, elbow, acromioclavicular, sternoclavicular, costal, spine, atlanto-occipital, temporomandibular)   * Accessory/secondary/coupled motions of joints * Capsular restrictions and patterns |  |  |  |
| Physiology:   * Soft tissue: * Muscle contraction * Muscle physiology (reflexes, chemistry, proprioceptors) * Tendons and ligaments * Fascia * Hard tissue: * Bone growth and development * Abnormal bone growth |  |  |  |
| Conditions commonly seen by massage therapists, including:   * Neck, back pain and headache * Muscle, connective tissue and joint pain * Arthritis * Repetitive strain injuries and occupational overuse syndromes * Postural problems * Sports and activity related conditions * Stress, anxiety and other mood related problems * Treatment planning techniques and considerations |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** | | |
|  | | **Sufficient** | **F.E.R.** | |
| Performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of massage client consultation work | *This evidence will be collected via submission of documentation requested on the first page.* |  | |  |
| Prepared for and managed at least 60 remedial massage musculoskeletal assessments – clients must include males and females from different stages of life with varied presentations | *This evidence will be collected via submission of documentation requested on the first page.* |  | |  |
| Used remedial massage assessment techniques appropriately, including:   * Discussion * Muscle strength and length tests * Observation, including variations of posture * Orthopaedic tests * Palpation of prominent bones/structure and phasic and postural muscles * ROM tests * Temperature | *This evidence will be collected via submission of documentation requested on the first page including a practical demonstration.* |  | |  |
| Interacted effectively with clients:   * Clearly articulated information about services, treatment options and rationale * Engaged clients in decision making | *This evidence will be collected via submission of documentation requested on the first page including a practical demonstration.* |  | |  |

**Office Use Only**

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| **RPL Outcome** | | | | |
| **RPL Achieved** | Yes □ | No □ | |
| **Further Evidence Required** | Yes □ | No □ | |
| **Further Evidence *(list of required evidence)*** | | | | |
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| *RPL Assessor Name:* | | | *Date:* | |