



Applying sports massage methods to non- pathological tissue

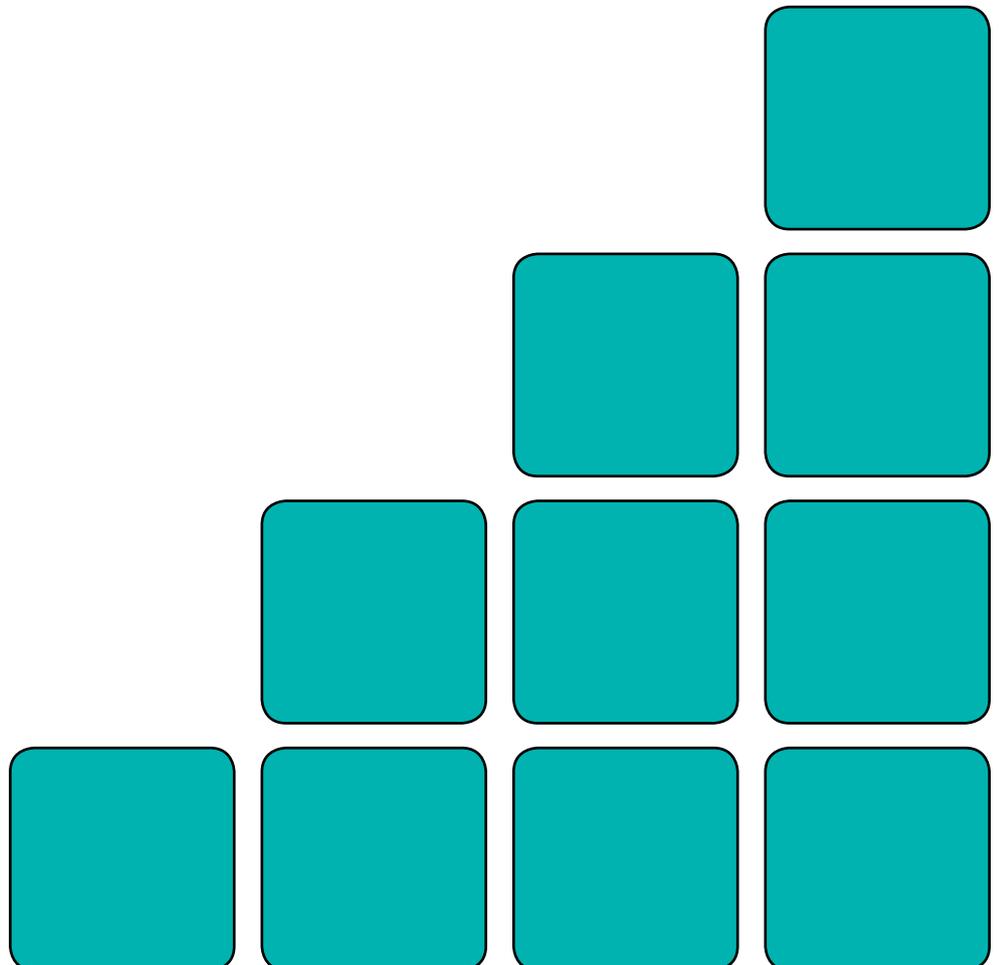
UV30379

D/600/8930

Learner name:

Learner number:

VRQ



UV30379

Applying sports massage methods to non-pathological tissue

It is the aim of this unit to provide you with the knowledge, understanding and skills to plan and apply sports massage methods to non-pathological tissue and to evaluate performance to inform on future practice.

Level

3

Credit value

18

GLH

120

Observation(s)

2

External paper(s)

0



Applying sports massage methods to non-pathological tissue

Learning outcomes

On completion of this unit you will:

1. Be able to work within agreed standards of practice
2. Be able to prepare for sports massage methods
3. Be able to assess clients
4. Be able to devise sports massage strategies for clients
5. Be able to apply sports massage methods
6. Be able to evaluate sports massage methods
7. Be able to produce, maintain and store client records

Evidence requirements

1. *Environment*
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least two occasions**, and must be completed in a commercially acceptable time.
4. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. In most cases this can be done by your assessor questioning you orally. However, other techniques, such as projects, assignments and/or reflective accounts may also be used.
5. *External paper*
There is no external paper requirement for this unit.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
7. *Sports massage practice*
Fifty hours of sports massage must be supervised and documented in your portfolio of evidence. Evidence must demonstrate application of all massage methods that make up this qualification and must be undertaken on a range of clients (3 or more) in different environments (at least 2).

Under all circumstances massage must only be undertaken on non-pathological (non-injured) tissue.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Evidence of sports massage practice

Fifty hours of massage practice must be carried out to achieve this unit.

Your assessor will complete the table below when 50 hours of sports massage practice have been completed and are documented in your portfolio of evidence.

Date achieved	Assessor initials



Observations

Outcome 1

Be able to work within agreed standards of practice

You can:

- a. Apply professional standards of personal hygiene, dress and appearance
- b. Carry out equipment checks to ensure cleanliness and hygiene and that current health and safety requirements are met

** May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 2

Be able to prepare for sports massage methods

You can:

- a. Prepare work areas and equipment to ensure comfort and dignity for clients
- b. Prepare materials appropriate for the planned sports massage methods
- c. Demonstrate the correct procedures to obtain informed consent

**May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 3

Be able to assess clients

You can:

- a. Carry out subjective assessments of clients
- b. Carry out objective assessments of clients
- c. Gather information relevant to the cautions and contra-indications to sports massage methods and respond appropriately

** May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 4

Be able to devise sports massage strategies for clients

You can:

- a. Present the aims and objectives of agreed sports massage methods to clients
- b. Present the nature, purpose and process of sports massage methods to clients with justification
- c. If necessary refer clients to relevant professionals*

*May be assessed through oral questioning.

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 5

Be able to apply sports massage methods

You can:

- a. Demonstrate correct positioning of clients for sports massage
- b. Prepare the relevant body areas for sports massage
- c. Apply sports massage methods correctly and consistently to meet client presentations and needs
- d. Demonstrate how to take account of the cautions and contra-indications to sports massage methods
- e. Record and respond appropriately to visual and oral feedback during the delivery of sports massage methods
- f. Provide clients with appropriate materials and assistance to remove massage mediums when appropriate*

* May be assessed through oral questioning.

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 6

Be able to evaluate sports massage methods

You can:

- a. Reassess clients
- b. Gain feedback on the effects of sports massage methods from clients including any adverse reactions
- c. Provide appropriate advice and additional opportunities for client questions and/or feedback

**May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 7

Be able to produce, maintain and store client records

You can:

- a. Demonstrate the safe and secure storage of records according to local protocol and legal requirements and destroy such records if legally required

** May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Range

***You must practically demonstrate that you have:**

Gathered information using all subjective assessments		Portfolio reference
Personal and medical details		
Medical history		
Previous medical history		
Carried out all objective assessments		Portfolio reference
Observations		
Palpation		
Range of movement		
Worked with all clients		Portfolio reference
Both sexes		
Pre-adolescent		
Adolescent		
Adult		
Specific populations** (Pregnant women, older adults, people with disabilities, and elite athletes)		
Applied all massage methods/techniques		Portfolio reference
Effleurage		
Pétrissage		
Tapotement		
Vibration		
Stretching		
Through clothing/towels		

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

**You must work with at least one specific population.



***You must practically demonstrate that you have:**

Worked in all environments		Portfolio reference
Massage room		
In situ/events		
Used all equipment		Portfolio reference
Couch and couch roll		
Other suitable surface		
Massage medium		
Towels		

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

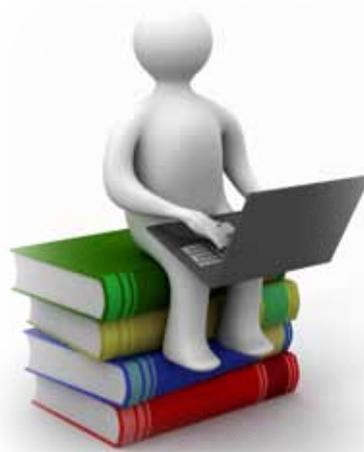
Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Knowledge



Outcome 1

Be able to work within agreed standards of practice

You can:	Portfolio reference / Assessor initials*
c. Explain the accepted standards of practice	
d. Explain the importance of cleanliness, hygiene, dress, appearance, attitude and the standards to be applied	
e. Ensure there is adequate public liability and professional indemnity insurance	
f. Explain relevant and current health and safety legislation	

* Assessor initials to be inserted if orally questioned.



Outcome 2

Be able to prepare for sports massage methods

You can:	Portfolio reference / Assessor initials*
d. Explain the importance of having a chaperone present when working with children and vulnerable adults	
e. Explain the importance of maintaining the dignity and comfort of clients throughout the sports massage process	
f. Explain the materials used for the range of sports massage methods	
g. Explain the importance of obtaining informed consent prior to assessments and application of sports massage	
h. Explain the importance of working within the boundaries of informed consent	
i. Prepare client records as legally required	

* Assessor initials to be inserted if orally questioned.



Outcome 3

Be able to assess clients

You can:	Portfolio reference / Assessor initials*
d. Explain the importance of accurate client assessment	
e. Explain the range of assessment methods used to gather information in the subjective and objective components	
f. Explain the importance of obtaining information on the possible cautions and contraindications to methods before commencing any sports massage	
g. Explain the cautions and contra-indications to sports massage	
h. Explain the importance of recognising client's presenting with pre-existing conditions and problems	

* Assessor initials to be inserted if orally questioned.



Outcome 4

Be able to devise sports massage strategies for clients

You can:	Portfolio reference / Assessor initials*
d. Explain the indications for sports massage	
e. Devise sports massage strategies appropriate to client's needs, and within your scope of practice	
f. Explain the importance of explaining the aims and objectives of sports massage to clients	
g. Explain why it is important for clients to understand the nature and purpose of sports massage and the equipment used	
h. Outline situations when the massage medium should be removed	
i. Explain the content of massage mediums in relation to allergic reaction and contra-indication	
j. Explain the possible adverse reactions to massage mediums and their identification	

* Assessor initials to be inserted if orally questioned.



Outcome 5

Be able to apply sports massage methods

You can:	Portfolio reference / Assessor initials*
g. Explain the importance of ensuring clients are correctly positioned	
h. Explain the preparation of body areas for a range of sports massage methods	
i. Explain how to apply the range of sports massage methods in relation to technique	

* Assessor initials to be inserted if orally questioned.



Outcome 6

Be able to evaluate sports massage methods

You can:	Portfolio reference / Assessor initials*
d. Explain the importance of accurate client reassessment	
e. Explain the methods used for obtaining feedback from clients on the effects of sports massage	
f. Measure client feedback against the aims and objectives of your sports massage strategy	
g. Explain why it is important to provide opportunities for further feedback	
h. Explain the importance of evaluating the effectiveness of sports massage	
i. Assess the overall effectiveness of sports massage strategies	

* Assessor initials to be inserted if orally questioned.



Outcome 7

Be able to produce, maintain and store client records

You can:	Portfolio reference / Assessor initials*
b. Explain the importance of accurate and confidential record keeping and safely storing records	
c. Explain the details of sports massage and its effects that should be recorded	
d. Produce records of sports massage sessions in the accepted formats	
e. Explain the importance and process of referral to relevant professionals when necessary	
f. Produce reports/letters of referral for relevant healthcare professionals	
g. Explain the importance of following the directions of healthcare professionals	
h. Explain the legal requirements for the storage of information on clients and the methods applied	
i. Clarify when client records must be destroyed as legally required	

* Assessor initials to be inserted if orally questioned.

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to work within agreed standards of practice

Standards of practice: Roles and responsibilities of the sports massage practitioner, boundaries, limitations of the practitioner, professional associations (Federation of Holistic Therapists (FHT), Sports Massage Association (SMA), Complementary and Natural Healthcare Council (CNHC), others), relevant codes of ethics and practice.

Professional standards: Importance of professional standards (personal hygiene, appropriate dress, appearance, attitude), to maximise treatment benefits, prevention of cross infection, to instill confidence in the practitioner, repeated business, professionalism, to give credibility to profession.

Insurance: Types and requirements, employers liability, professional liability, public liability, personal injury, income protection, clinic and equipment, travel and car, claiming on insurance, dealing with claims against the sports massage practitioner.

Health and safety legislation: Current legislation, legal responsibilities for health and safety (clinic, at events, on field of play), data protection legislation, employers liability (compulsory) legislation, first aid legislation, first aid protocol at events, accident recording and reporting, evacuation procedures, maintenance (equipment and building), manual handling, control of substances hazardous to health, reporting of injuries, diseases and dangerous occurrence regulations.

Equipment checks: Couch (height, stability, position), visual checks of working area/resources, check for wear and tear, faults, cleanliness, possibility of contamination, check that all appropriate resources are available for clinic/event (covers, towels, mediums, cleansing resources, other).

Ensure health and safety requirements are met: Adhere to relevant health and safety legislation (clinic and event environments), assess risk to ensure health and safety requirements are met, have procedures in place, possible risks factors include environment, space, obstacles, heat, noise, light, privacy, ventilation, manual handling, cross infection, possible injuries/conditions outside of scope of practice.



Outcome 2: Be able to prepare for sports massage methods

Child protection and vulnerable adults:

Child protection legislation, safeguarding children and vulnerable adults, principles to observe in relation to legislation, suitable chaperones, role of chaperones, importance of using chaperones, possible consequences of not having a chaperone present.

Importance of maintaining dignity of the client: To build up rapport, trust, enhance effectiveness of treatment.

Preparation to ensure dignity and comfort: Ensure privacy, appropriate draping, use of supports, maintain comfort, give reassurance, answer questions, respond to audio and visual signs, maintain warmth, only expose treatment areas, additional steps to maintain dignity and comfort.

Client positioning: Comfort, dignity, accessibility, use of supports, practitioner working posture, appropriate position to ensure effectiveness of treatment, appropriate position to ensure effective application of techniques.

Preparation of materials/working area: Plinth, bench, chair, mat, mediums, towels, supports, blankets, other materials/equipment, appropriate paperwork.

Informed consent: Define 'informed', purpose, importance of obtaining consent prior to assessment and treatment, practitioner explains nature and purpose of massage, risks, alternatives, effects.

Boundaries of consent: Examination and

treatment confined to agreed informed consent.

Procedures to obtain informed consent:

Verbal, consultation, records, signature of client.

Prepare records: Record consent, record client personal details, medical history, treatment objectives, subjective and objective testing, record techniques, uses, effects, contra-actions, contra-indications.



Outcome 3: Be able to assess clients

Importance of client assessment:

Identify aims and objectives of treatment, identify any contra-indications/cautions to massage, identify realistic outcomes, to give markers for evaluation of treatment, review of previous sports massage treatments.

Range of assessment: Subjective, objective, appropriate to aims and objectives of treatment, appropriate to time available, pre-existing conditions, contra-indications, injury.

Subjective assessment: Age and occupation, sports and leisure activities, previous medical history, medication, other lifestyle factors (stress, diet, dependants), aims and objectives of treatment, perceived problem.

Objective assessment: Observation (symmetry, posture, mobility), initial palpation (skin, bones, muscles), range of movement (active, passive).

Importance of obtaining information before commencing any sports massage:

To ensure practitioner is working within scope of practice, to ensure clients are referred accordingly, to eliminate any possible dangers to client and practitioner, to gain informed consent.

Contra-indications and cautions:

Absolute and local contra-indications, acute trauma, tumour, open wounds, frostbite, acute soft tissue, circulatory disorders, thrombosis, risk of haemorrhage, fractures bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, areas of altered skin sensation, red flags (symptoms that may indicate serious pathology/disease or indicate the need for referral). Note this is not an exhaustive list.

Positive contra-indication, pre-existing condition:

May be outside the practitioners scope of practice, may pose a danger to client or therapist, may need to obtain GP or specialists' clearance before massaging, adjustments may be needed to the planned sports massage strategy, existing conditions may be a causal factor/influence.



Outcome 4: Be able to devise sports massage strategies for clients

Indications for sports massage: Part of general conditioning programme including injury prevention, maintenance, pre-event (aid pre-exercise preparation), prepare psychologically, post-event (aid post exercise recovery), during events, post travel.

General indications for massage:

Relaxation, anxiety reduction, stimulation, increase range of movement, increase tissue flexibility, increase or decrease muscle tone, increase local circulation, remove waste products.

Devise sports massage strategies: To meet aims and objectives of the proposed sports massage, to meet client's needs, strategy to be negotiated and agreed with client, if necessary refer the client to a relevant health professional, if necessary follow approved guidelines for a chaperone.

Explain/present aims and objectives:

Full information to be given to client to gain informed consent, client then knows exactly what to expect, does not have any misconceptions, has not been misled about possible outcomes, is fully prepared for treatment, ensure that client understands nature, purpose, effects, outcomes, techniques, mediums, positions and equipment purposes, give justification for sports massage strategy and reasons for choices.

Removal of massage medium/

adverse reactions: Allergic reaction, rash, drug testing in sport, interference with performance, when wanting to use techniques that do not require a medium, when grip or depth is required.

Massage mediums: Types of medium (oils, creams, lotions, gels, talcum powder, wax), properties of mediums, properties that may cause adverse reactions.

Identification of adverse reactions:

Rash, excess redness, temperature, swelling, irritated skin, allergic reaction.



Outcome 5: Be able to apply sports massage methods

Importance of client positioning: For effective application of different techniques, for effective application on different body areas, for dignity and comfort of client, for practitioner to be able to maintain correct postural and manual handling techniques.

Correct positioning: With couch, without couch (bench, floor, chair, mat), working in team dressing rooms, working pitch side, working through towels/clothing, demonstrate: prone, supine, side lying, sitting, standing, vary position as appropriate.

Prepare relevant body area for sports massage: Appropriate positioning for support, draping, degree of exposure, only area to be massaged exposed, cleanse area if appropriate in preparation for technique, massage medium or not.

Sports massage techniques: Application of techniques, variation of techniques, effects and benefits, effleurage, pétrissage, tapotement, vibration, stretching, through towels/clothing.

Application of sports massage: Working posture, contour of hands, position of hands, correct alignment of practitioner's joints, stance, depth of pressure, direction of movements, speed and rhythm of strokes in varying positions and environments, adaptation of techniques to suit client need and in context of presenting conditions and delivery environment.

Working with cautions and contra-indications: Within scope of practice, dealing with pre-existing conditions and disease, recognising absolute contra-indications, working with local contra-indications, working with factors that require caution.

Record and respond: Respond to client feedback, adverse reactions (visual and oral), change sports massage technique to adapt to circumstance, practitioner observation of the effects of sports massage, record the sports massage methods, note variations between planned and actual sports massage in records, note adverse reactions.

Removal of massage medium: Assist with removal of mediums when appropriate, provide clients with appropriate materials to remove mediums, consider in clinic or sporting context, consider consequence of not removing the medium on performance, provide materials (wipes, cleansing agents, couch roll).



Outcome 6: Be able to evaluate sports massage methods

Importance of client reassessment:

Reasons why reassessment is necessary, evaluation of sports massage strategy, provides marker on effectiveness of treatment, provides baseline starting point for future treatments, review of previous massage strategy, identify adverse reactions to sports massage, opportunity for clients feedback, empowerment, build rapport, build confidence in practitioner, professional approach.

Client reassessment and feedback:

Give opportunities for feedback from client, before during and after sports massage and subsequent sports massage, note contradictions in message received, reassessment measured against achievement of sports massage objectives, reassessment measured against pre-massage testing to evaluate effectiveness.

Methods to obtain feedback: Verbal, written, non-verbal, subjective, objective, posture check, range of movement, palpation.

Evaluating effectiveness of sports massage: Amalgamation of all feedback, evaluate during sports massage reassessment and post-sports massage assessment, achievement of aims and objectives, future improvements to sports massage strategy.

Opportunities for further feedback:

To keep client informed, to ensure full understanding, informed client's empowerment, to establish immediate feelings, beliefs, impressions.

Appropriate advice: Scope of practice, referral to other appropriate health care professionals if required, adverse reactions, contra-actions, erythema, pain and stiffness, hydration, rest.

Importance of evaluating the effectiveness of sports massage:

Measure against aims and objectives of strategy, to establish effectiveness of the sport massage, to review strategy and adjust as appropriate.



Outcome 7: Be able to produce, maintain and store client records

Record keeping: Adhere to legal requirements, in case of litigation, confidentiality, data protection legislation,

Storage: in safe place, locked cabinets, password on computer, not accessible to third parties.

Details to be recorded: Client details on each sheet of record, subjective information, objective information, massage strategy plan (subjective, objective, analysis, plan (SOAP), effects, outcomes, changes to strategy, contra-actions, aftercare/advice given, client signature giving informed consent.

Accepted format for records: Clear, recorded in a logical format, details are accurate, in legible writing, in permanent ink, completed within 24 hours of massage, initialled when corrections are made, without judgemental statements, without subjective statements, signed by practitioner on each page.

Referrals: Scope of practice, identification of relevant health care professionals, process of referral, referral letter to health care professional, content of a referral letter, assessment report, details of any sports massage or advice given.

Importance of following directions of healthcare professionals:

Professionalism, scope of practice, multi-disciplinary, optimum client care, client may already be receiving treatment, massage may contradict other treatments being received, health care professional may know of a reason why massage may not be performed.

Storage of records: Paper and electronic records, legal requirements to store personal data (data protection), stored

in safe place (locked cabinets, password on computer), not accessible to third parties, written permission must be gained from client to release records, adhere to company policy, clients must have access to their records if requested.

When records must be destroyed:

Destroy as legally required, different guidelines for adults and children, guidance on when records must be destroyed may vary, follow guidelines of professional association, destroy records by shredding.