

Module 1 – An introduction to advanced massage

Introduction

In this advanced massage course, you will build upon previous knowledge, skills and experience of massage therapy, with particular focus on using additional assessment techniques and advanced massage skills to address dysfunctional tissue, derived from lifestyle, posture and the general aging process.

This course will introduce the relevant skills, knowledge and understanding needed to gather and analyse information elicited during subjective and objective client assessments.

This will include exploration of the factors that may predispose clients to imbalance and dysfunction and how factors may influence the client's ability or willingness to rebalance and reasons for referral/deferral. A number of objective assessment techniques are introduced to include detailed assessment of soft tissue and muscle testing. To underpin the new range of objective tests, the bony and soft structures of the major joints of the body are revisited to give you a greater anatomical understanding and to facilitate practical application.

You will also evaluate the range of objective testing as to the appropriateness and value of the information they elicit. You will be able to utilise your new toolbox of skills and understanding to tailor your massage treatments to your individual client needs to promote restoration of dysfunctional tissue, health, balance, and wellbeing. Massage techniques you will cover include trigger points, Muscle energy techniques, connective tissue and Soft tissue release.

Pre-requisite

To be eligible for registration on this qualification, it is a requirement that you are a qualified complementary therapist holding a qualification in massage. An Anatomy and physiology qualification is also a mandatory requirement.

Case Studies

You must carry out and document evidence for 6 treatments using all advanced massage techniques to meet individual client needs.

A minimum of 3 treatments carried out for EACH of the advanced massage techniques for upper body and 3 for lower body

Practical training

As part of the course, you will be taught how to carry out treatments on a client. Your tutor will be looking for the following criteria to be covered in order to pass you and for you to achieve your qualification.

No: 1

Be able to conduct subjective and objective assessment

- a. Carry out subjective assessments of clients
- b. Obtain consent for objective assessments
- c. Carry out objective assessments of clients
- d. Record client information in accordance with professional practice requirements

No: 2

Be able to devise treatment plans using advanced massage techniques

- a. Devise a treatment plan
- b. Explain the rationale for the chosen massage interventions to the client
- c. Obtain consent for the treatment

No: 3

Be able to prepare for advanced massage techniques

- a. Prepare the client for advanced massage techniques in accordance with workplace regulations

No: 4

Be able to apply advanced massage techniques

- a. Provide advanced massage techniques
- b. Monitor client and tissue response throughout treatments
- c. Adapt advanced massage techniques to meet the needs of the client

No: 5

Be able to bring advanced massage treatments to a close

- a. Obtain feedback from the client
- b. Provide homecare/aftercare advice
- c. Evaluate the treatment sessions and outcomes
- d. Record treatment information as legally required
- e. Reflect on own performance