

Higher National Unit Specification

General information for centres

Unit title: Beauty Therapy: Remedial Massage

Unit code: DN6T 35

Unit purpose: This Unit is designed to enable candidates to develop the skills required to provide remedial massage for clients. It is intended for candidates who wish to have a greater understanding and knowledge of massage techniques in order to help clients with problems due to posture or injury.

On completion of this Unit the candidate will be able to:

1. Consult with client to identify needs and establish treatment plan.
2. Prepare for treatment and apply remedial massage techniques.
3. Evaluate the effectiveness of the treatments and provide appropriate rehabilitation exercises, aftercare and homecare advice.

Credit points and level: 2 HN Credits at SCQF level 8: (16 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Candidates should have achieved the following Units:

- ◆ Anatomy and Physiology
- ◆ Body Massage
- ◆ or an equivalent qualification

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: This unit is an optional Unit in the framework for HND Beauty Therapy. If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

It would be beneficial if the HN Units in Anatomy and Physiology for Beauty Therapy and Body Massage were completed prior to this Unit, to ensure the candidate has all the essential underpinning anatomy and massage skills.

Assessment: Evidence for this Unit should be generated through practical demonstrations and written assessments.

General information for centres (cont)

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The practical elements of Outcomes 1, 2 and 3 can be assessed holistically. Candidates will be observed, in a realistic working environment, carrying out 2 courses of treatments from consultation to evaluation.

The written assessments will consist of a project and a written paper requiring restricted and extended responses.

These written assessments will cover knowledge from Outcomes 1, 2 and 3.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Consult with client to identify needs and establish treatment plan.

Knowledge and/or skills

- ◆ Communication skills/consultation techniques
- ◆ Client's personal and medical details/client's requirements
- ◆ Body analysis/physical assessment
- ◆ Contra-indications and restrictions
- ◆ Common musculoskeletal injuries/inflammation and repair
- ◆ Referral to other professional bodies
- ◆ Treatment planning/recording of details

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ understand the importance and relevance of consultation with client to identify needs
- ◆ communicate effectively and professionally with the client (interact with the client in a professional, sensitive and empathic manner)
- ◆ gather the correct information to plan a treatment appropriate to the client's needs
- ◆ assess problematic areas correctly and record the details accurately
- ◆ understand the relevance of active, passive and resisted testing
- ◆ recognise contra-indications and restrictions to treatment
- ◆ identify when to refer a client on to other professional bodies
- ◆ identify common musculoskeletal injuries
- ◆ explain the process and treatment of inflammation and repair

Supplementary evidence must also be supported in the form of a project and written assessment to cover Outcomes 1, 2 and 3:

- ◆ understand the relevance of active, passive and resisted testing
- ◆ recognise contra-indications and restrictions to treatment
- ◆ identify when to refer a client on to other professional bodies

Higher National Unit specification: statement of standards (cont)

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The three bullet points above will be assessed by 20 questions requiring restricted and extended response

- ◆ identify common musculoskeletal injuries
- ◆ explain the process and treatment of inflammation and repair

The above two bullet points will be assessed by means of a project which should have minimum 1,000 words.

Assessment guidelines

The assessment for this Outcome should be combined with Outcomes 2 and 3 as part of a practical assessment for the Unit, details of which are given under Outcome 3.

Outcome 2

Prepare for treatment and apply remedial massage techniques.

Knowledge and/or skills

- ◆ Work environment — health and safety
- ◆ candidate's appearance, hygiene and working posture
- ◆ Preparation of equipment and preparation of client
- ◆ Application of techniques
- ◆ Anatomy and physiology
- ◆ Thermal and electrical modalities
- ◆ Care, comfort, screening and positioning of clients

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ prepare themselves and the working area for the treatment to meet accepted hygiene, industry and organisational requirements
- ◆ position themselves to ensure the treatment is effective and applied without harm to themselves
- ◆ prepare and position the client appropriately to ensure comfort, privacy and safety throughout the treatment
- ◆ screen the client appropriately to maintain the client's modesty
- ◆ adapt the positioning of the client when and where necessary to take account of the client's physical condition
- ◆ demonstrate an understanding of anatomy and physiology during the application of remedial massage techniques
- ◆ apply remedial massage techniques, which are appropriate to the client's needs and aims of the treatment plan
- ◆ use thermal and electrical modalities if and where appropriate and apply them correctly

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Remedial Massage

Assessment guidelines

The assessment for this Outcome should be combined with Outcomes 1 and 3 as part of a practical assessment for the Unit, details of which are given under Outcome 3.

Outcome 3

Evaluate the effectiveness of the treatments and provide appropriate rehabilitation exercises, aftercare and homecare advice.

Knowledge and/or skills

- ◆ Evaluation of the treatment
- ◆ Client feedback
- ◆ Plan for future treatments
- ◆ Rehabilitation exercises
- ◆ Aftercare and homecare advice
- ◆ Recording of details

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ communicate effectively and professionally with the client to elicit feedback, evaluate the effectiveness of the treatment and plan for future treatments
- ◆ reassess the area to plan for future treatments
- ◆ give appropriate rehabilitation exercises specific to the client's needs (eg posture improvement, deep breathing, mobility and strengthening)
- ◆ demonstrate and explain exercises clearly to the client
- ◆ give suitable aftercare and homecare advice to the client
- ◆ record details accurately and legibly

The practical assessment will be assessed by observation of the application of remedial massage involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. Candidates will be required to treat, in a realistic working environment, two clients with different musculoskeletal problems. Observation will take place over a course of four treatments. The observations should be supplemented with client case studies/record cards

Assessment guidelines

The assessment for this Outcome should be combined with the practical elements of Outcomes 1 and 2.

Administrative Information

Unit code:	DN6T 35
Unit title:	Beauty Therapy: Remedial Massage
Superclass category:	HK
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Higher National Unit specification: support notes

Unit title: Beauty Therapy: Remedial Massage

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

This unit is intended to prepare candidates for industry by giving them the essential underpinning knowledge and skills to enable them to plan and effectively carry out remedial massage. It should enable the candidate to assess the client's condition to identify the individual client needs and treat accordingly, thus providing an individual treatment specific to that client. It also provides the candidate with the knowledge and skills to offer rehabilitation exercises to restore range of movement to the problematic area.

It is recommended that candidates undertake this Unit after:

- ◆ Body Massage
- ◆ Anatomy and Physiology

This Unit also gives candidates an excellent grounding for progression to the Units:

- ◆ Management and Practices of Body Therapies

The Unit may also give the candidate the opportunity to progress into the area of Sports Therapy.

Outcome 1 addresses the consultation process giving candidates the underpinning knowledge and/or skills to gather the correct information and carry out appropriate tests to plan the treatment according to the client's condition. Candidates should be encouraged to think about the:

- ◆ content of the consultation
- ◆ particular consultation techniques to establish client's physical, physiological and psychological requirements
- ◆ requirement of assessing the client's postural analysis
- ◆ importance of correct assessment of the area
- ◆ relevance of active, passive and resisted testing
- ◆ accurate recording of test results
- ◆ contra-indications to remedial massage: acute soft tissue injuries; open wounds; bone and joint injuries; myositis ossificans; deep-vein thrombosis; infectious skin diseases; melanoma; tumours; haemophilia
- ◆ special care: varicose veins and diabetes
- ◆ limitations of their skills
- ◆ how and when to refer client to other professional bodies

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Remedial Massage

Candidates should also understand the precipitating factors to injuries and/or problems; the varying common musculoskeletal injuries; the treatment of inflammation and the stages of repair to give them a greater understanding to carry out the consultation in more depth, therefore helping to ensure the treatment is specific to that client. Candidates need this underpinning knowledge to ensure they are made aware of their limitations as a therapist and recognise when to refer clients on.

Precipitating factors should include:

- ◆ posture
- ◆ environment
- ◆ clients' psychological and emotional state

Musculoskeletal injuries should include:

- ◆ bone
- ◆ joint
- ◆ ligament
- ◆ muscle
- ◆ tendon
- ◆ bursae
- ◆ loose bodies
- ◆ nerve problems

Outcome 2 looks at the importance of the preparation for the treatment and gives candidates the knowledge and/or skills to understand the uses of the different techniques and modalities and apply them accordingly to carry out treatments effective to the client's condition.

Candidates should be encouraged to think about the following:

- ◆ reasons for particular preparations for the work environment
- ◆ importance of and requirements for the candidate's personal hygiene and professional appearance
- ◆ safe preparation of equipment
- ◆ reasons and need for appropriate client preparation, positioning and screening
- ◆ posture while applying the treatment
- ◆ screening and supporting the area during the treatment
- ◆ positioning of the client during the treatment
- ◆ use of palpatory skills
- ◆ choice of remedial massage techniques used is appropriate to the client's requirements and the aims of the treatment plan
- ◆ effects and uses of different remedial massage techniques: effleurage, petrissage, frictions, rocking and shaking, tapotement
- ◆ understanding of the anatomy of the area being treated (see notes below)
- ◆ effects and uses of thermal and electrical modalities: heat pad, cold packs, infra-red, audio sound - only if and where needed
- ◆ effects and uses of MET (Muscle Energy Techniques) and/or PNF (Proprioceptive Neuromuscular Facilitation) stretching

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Remedial Massage

Techniques should include:

- ◆ palpation to assess soft tissue abnormalities
- ◆ effleurage, petrissage, frictions, rocking/shaking, tapotement.
- ◆ MET (Muscle Energy Techniques) and/or PNF (Proprioceptive Neuromuscular Facilitation) stretching
- ◆ thermal or electrical modalities - only when and where appropriate (Candidates do not necessarily need to carry out these modalities, but do need to understand their importance and uses. This may be covered in the project or written assessment)

Candidates must have knowledge of the structure and range of movement within the different joints of the body to enable them to carry out tests correctly and safely. These should include:

- ◆ anatomical structure of joints: intervertebral, shoulder, shoulder girdle, elbow, wrist, hip, pelvic girdle, knee and ankle
- ◆ range of movement of joints: intervertebral, shoulder, shoulder girdle, elbow, wrist, hip, pelvic girdle, knee and ankle

Candidates must know origins, insertions and actions of muscles to enable them to identify the possible source of the problem and therefore treat accordingly

- ◆ origins, insertions and actions of muscles:
 - Scalenus anterior, medius and posterior; splenius capitis and cervicis; infraspinatus; supraspinatus; subscapularis; teres major and minor; levator scapula; serratus anterior; common radial and ulnar flexors and extensors; piriformis; tibialis posterior; peroneus longus, brevis and tertius.

Outcome 3 addresses the importance of evaluating the treatment. This Outcome gives the candidates the knowledge and/or skills to reassess the problematic area and evaluate for future treatments. It also gives the candidates the underpinning knowledge to provide rehabilitation exercises and appropriate aftercare and homecare advice for the client's specific problem. Candidates should be encouraged to think about the following:

- ◆ reasons why evaluation is important
- ◆ importance for client feedback
- ◆ tests used to reassess the area and the need for reassessment of the problematic area
- ◆ appropriate rehabilitation exercises specific to the client's needs (eg posture improvement, deep breathing, mobility and strengthening)
- ◆ recommended timescale between treatments
- ◆ specific aftercare and homecare advice
- ◆ need to keep accurate records
- ◆ planning for future treatments

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Remedial Massage

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This Unit which is optional within the framework of HND Beauty Therapy is primarily designed to provide candidates with the advanced professional knowledge and skills relating to body massage techniques. It would be expected that those who successfully complete the award would work in the beauty industry or in conjunction with the sports therapist and/or physiotherapist.

The Unit should be delivered towards the later part of the group award by which time candidates should have a good appreciation of the anatomy and physiology required for the Unit.

Delivery should be in the form of practical demonstrations with candidates practising the skills required to achieve the competences. These should be supported by lectures and course notes relating to the theoretical aspects of remedial massage.

The holistic written assessment should be undertaken half way through the Unit to ensure candidates have the underpinning knowledge to carry out the practical assessments. The holistic written assessment should be carried out in controlled conditions to ensure authenticity of the candidate's work and should last approximately one and a half hours.

This may be assessed either in the project or by the holistic written assessment to ensure the candidate can:

- ◆ explain the reasons why posture; environment; client's psychological and emotional state are precipitating factors to injuries
- ◆ describe musculoskeletal injuries and possible treatment
- ◆ explain the process of injury and healing and how not to aggravate this process

Evidence for the knowledge and/or skills for the anatomy in this Outcome may be derived from a project where candidates will need evidence to demonstrate they have an understanding sufficient to meet the requirements of each item. This will also be supported from practical assessments in a realistic working environment where observation of the candidate testing joint range of movement are carried out.

Practical assessments should be undertaken towards the end of the Unit when the knowledge and skills for each Outcome can be observed.

A minimum of two, four-week courses of practical assessments must be carried out to ensure the candidate has the opportunity to assess and treat clients with two different musculoskeletal problems. These should be held in a realistic working environment and the procedures assessed against a checklist of the knowledge and/or skills required. One of the case studies may be assessed during a work experience situation if candidates are 'shadowing' a physiotherapist or sports therapist.

Supplementary evidence must be provided in the form of a case study for each client treated. This should include:

Higher National Unit specification: support notes (cont)

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- ◆ tests used to assess the area and the results
- ◆ detailed account of the treatment given with reference to client's needs and reasoning for techniques and modalities used
- ◆ client feedback
- ◆ reassessment of the area prior to and after each treatment and any improvement noted
- ◆ rehabilitation exercises
- ◆ recommended time scale between treatments
- ◆ suitable aftercare and homecare advice given
- ◆ evaluation of effectiveness of the treatment
- ◆ plan for future treatments

Record cards must also be completed accurately with each treatment.

Candidate will also be required to produce a detailed case study to support each block of treatments to show that they can assess the client's condition, evaluate the effectiveness of the treatment, record improvements and plan for further treatments specific to that client.

Open learning

The theoretical aspects of this Unit are appropriate for open and distance learning. However due to the practical nature of the skills involved for head and body treatments it was be technically difficult to deliver the practical aspects by open and distance learning.

For further information and advice please refer to *Assessment and Quality Assurance for Open and Distance Learning (SQA, February 2001 – publication code A1030)*.

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website www.sqa.org.uk

General information for candidates

Unit title: Beauty Therapy: Remedial Massage

This Unit is designed to provide you with the necessary skills and knowledge to assess musculoskeletal problems and perform remedial massage techniques specific to the client's condition. This Unit will help you give more effective treatments to your clients and provide the opportunity to progress into the field of Sports Therapy. This Unit is optional within the framework of HND Beauty Therapy and can only be completed in conjunction with Units: Body Massage and Anatomy and Physiology. It is expected that the skills and knowledge from these Units will assist you throughout this Unit.

Delivery of this Unit will be in the form of practical demonstrations where you will practice the skills required to achieve the competences on your peers. In addition to the practical aspects you will receive course notes and lectures relating to the theoretical aspects of remedial massage.

In order to complete this Unit successfully, you will be required to achieve a satisfactory level of performance in both practical and theoretical aspects. A project based assignment will be used to cover some of the theoretical aspects for this Unit. Most of the information required for this project will be found in the textbooks recommended for the Unit, however additional information can be taken from the course notes, journals, the internet and library.

One holistic written assessment will cover the additional theoretical aspects and ensure the authenticity of your work. This will take place under controlled conditions and should last approximately one and a half hours.

The practical aspects of this Unit will be covered in the assessments undertaken towards the end of the Unit. These will be undertaken in a controlled realistic working environment. You will be required to treat two clients with different musculoskeletal problems for a course of treatments (minimum of four sessions). One of the case studies may be completed during work experience, if this is undertaken, with a physiotherapist or sports therapist. The practical assessment will include:

- ◆ consultation
- ◆ assessment of the musculoskeletal problem
- ◆ figure analysis
- ◆ joint range testing
- ◆ application of techniques and modalities to enhance the treatment
- ◆ rehabilitation exercises
- ◆ aftercare and homecare
- ◆ evaluation
- ◆ plan for future treatments

The practical element is assessed against a checklist of the knowledge and skills required. The course of treatments must be backed up by a detailed case study for each client to address all the above points. This will show that you can consult, plan, perform, evaluate and record a detailed treatment strategy to address your client's condition.