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# Nature Care College

## Remedial Massage 2

<b>DESCRIPTION</b>	In Remedial Massage 2 you will learn further visual assessment skills, range of motion tests, advanced massage techniques and stretching protocols. Case taking and the formulation and application of treatment plans are a major component of this module. Integration of the skills and knowledge learned in previous massage modules will enable you to integrate massage techniques, visual assessment, ROM testing and case taking skills to plan, monitor and treat a variety of soft tissue conditions seen in the broad community.	
<b>DURATION</b>	42 hours	
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, the student should be able to: <ol style="list-style-type: none"> <li>1. Perform a massage health assessment</li> <li>2. Identify postural imbalances</li> <li>3. Conduct a visual assessment and utilize case history taking procedures</li> <li>4. Using specific tests assess range of motion</li> <li>5. Formulate and apply a treatment plan</li> <li>6. Perform a treatment applying a range of advanced massage techniques</li> <li>7. Identify anatomical and physiological factors which impact on massage including contraindications to treatment</li> <li>8. Review the massage treatment and make modifications as required according to case history</li> <li>9. Discuss the treatment strategy with the client</li> </ol>	
<b>TEACHING METHOD</b>	Modified lectures Visual aids Demonstrations & practical work	
<b>ASSESSMENT</b>	Practical Assessment Assignments	<b>Pass Mark Competent</b> <b>Pass Mark Competent</b>
	The assignments are a take home exam and a progressive body log <b>Participation in the practical component of the course is a requirement.</b>	
<b>UNITS OF COMPETENCY</b>	Partial Completion HLTREM406B Provide massage treatment HLTREM407B Plan massage treatment HLTREM408B Apply massage assessment framework HLTREM409B Perform massage health assessment	
<b>ATTENDANCE</b>	90% minimum	

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<b>PRE-REQUISITES</b>	Swedish Massage Remedial Massage 1 Anatomy & Physiology 1A & 1B
<b>CO-REQUISITES</b>	Clinic
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing.
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b> Casanelia L. &amp; Stelfox D. 2010. <i>Foundation of Massage 3<sup>rd</sup> ed.</i> Churchill Livingstone.</p> <p><b>Recommended Reading / References:</b> Stone &amp; Stone. <i>Atlas of Skeletal Muscles.</i> Cash M, 1996. <i>Sport &amp; Remedial Massage Therapy.</i> Random House. Chaitow, L, 2<sup>nd</sup> Edition Palpation and Assessment Skills Churchill Livingstone Wood, Becher, 1980. <i>Beard's Massage.</i> W.B. Sanders Co.</p>

## WEEK-BY-WEEK OUTLINE

<b>WEEK 1</b>	Introduction to the course Discussion on Case History Case taking practice	
<b>WEEK 2</b>	Discussion on Posture Discussion on stretching, active, passive and resistive movement Visual Assessment practice	
<b>WEEK 3</b>	Neck – major muscles involved Visual Assessment practice Active, passive and resistive movements Massage neck (General)	<b>ASSIGNMENT DUE</b>
<b>WEEK 4</b>	Palpation of the Neck area Massage Neck, Specific Techniques Neck Stretches	
<b>WEEK 5</b>	Shoulder Girdle – major muscles involved Visual assessment of shoulder and thoracic area Active, passive and resistive movements Massage Shoulder Area	
<b>WEEK 6</b>	Palpation exercise Massage Shoulder and Thoracic area	
<b>WEEK 7</b>	Revision	
<b>WEEK 8</b>	Lower Back – major muscles involved Visual Assessment of Lumbar region Active, passive and resisted movements Massage Back	
<b>WEEK 9</b>	Pelvis and Hip – major muscles involved Palpation practice	
<b>WEEK 10</b>	Massage Leg	
<b>WEEK 11</b>	Revision and integration Assessment explained.	<b>ASSIGNMENT DUE (Progressive Body logs)</b>
<b>WEEK 12</b>	<b>PRACTICAL ASSESSMENT</b>	

## INTENSIVE OUTLINE

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<b>DAY 1</b>	Introduction to the course Discussion on Case History Case taking practice Discussion on Posture Discussion on stretching, active, passive and resistive movement Visual Assessment practice	
<b>DAY 2</b>	Neck – major muscles involved Visual Assessment practice Active, passive and resistive movements Massage neck Palpation of the Neck area Massage Neck, Shoulder and Upper Chest Neck Stretches	<b>ASSIGNMENT DUE</b>
<b>DAY 3</b>	Lower Back – major muscles involved Visual Assessment of Lumbar region Active, passive and resisted movements Massage Back Shoulder Girdle – major muscles involved Visual assessment of shoulder and thoracic area Active, passive and resistive movements Massage Shoulder Area	
<b>DAY 4</b>	Revision Palpation exercise Massage Shoulder and Thoracic area	
<b>DAY 5</b>	Massage Hip Region Massage Leg Pelvis and Hip – major muscles involved Palpation practice	
<b>DAY 6</b>	Revision and integration Assessment explained. <b>PRACTICAL ASSESSMENT</b>	<b>ASSIGNMENT DUE (Progressive Bodylogs)</b>

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.