



## Remedial Massage for Athletes

### RPL/RCC Information Sheet

#### Related Units of Competency

- HLTMSG007 Adapt remedial massage practice for athletes
- SISFFIT031 Implement injury prevention strategies

**Please Note;** *Gaining RPL for Remedial Massage for Athletes, only covers the requirements specifically related to this cluster.*

*To gain RPL for the FULL units of competency listed above, you will **also** need to satisfy the requirements for Supervised and Non-Supervised Client Consultations requirements.*

#### Cluster Description:

This cluster describes the skills and knowledge required to determine the remedial massage needs of athletes and to adjust assessment and treatment to develop preventative and injury related treatment strategies for athletes and other sport active people. This cluster furthermore incorporates an understanding of injury prevention into corrective exercise instruction, programming and advice.

#### Instructions

Please read the following requirements and tick the applicable box. If you wish to apply for RPL/RCC for this cluster, you **MUST** complete and provide:

- this document
- the relevant evidence you have stated which **MUST** be included with your RPL application
- the specific units of competency RPL applications

**Please note:** *An RPL/RCC application will not be reviewed without these completed documents. No exceptions.*

#### 1. Gaining RPL (Tick boxes relevant to your application)

In order to gain RPL for this cluster you **MUST** provide the following evidence:

- Relevant transcript & certificate, or
- Resume of applicant outlining previous and/or current work within health/community environment, and,
- Letter from employer stating the applicant's current job role within health/community environment

And,

- Submission of 3 client documents (3 different sporting injuries) that you have assessed and treated until the recovery stage. The 3 client can be included within the client documents listed above, however they need to be clearly indicated.
- Submission of five (5) client consultation documents (different clients presenting with different conditions) where you have prepared and conducted sessions that individually or cumulatively incorporate:
  - Screening using industry endorsed protocols, including; history of injuries, current function at past injury sites and industry endorsed risk stratification including but not limited too; health screening & fitness testing, postural assessment, dynamic movement assessment, joint range of motion assessments (completed observation and analysis of the movement patterns of push, pull, squat, lunge, rotate, overhead press, overhead pull. At least three functional movements for each client will need to be completed)
  - Corrective exercise programming specific to outcomes of health screening, assessment process and client goals and needs.



## 2. Practical Evidence Required *(Tick boxes relevant to your application)*

To gain recognition for practical components of this cluster, you will need to provide evidence that you can:

- complete pre & post sports massage, including assisted stretching and self-stretching
- implement a remedial massage treatment for a client with a sporting injury, within a full client consultation, including; interview, client questioning, differential list, physical assessment, clinical impression, treatment planning, remedial massage treatment, evaluation, suggestions/recommendations, documentation.
- implement the following testing to a client complaint:
  - Gait assessment
  - Functional movement assessment; push, pull, squat, lunge, rotate, overhead press, overhead pull
  - Injury prevention strategies including; stretches and strengthening, movement modification, postural awareness etc. specific to case presentation

## 3. Acknowledgement

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

- I understand that I **MUST** provide relevant and verifiable evidence to support my claim for RPL/RCC and my application will not be reviewed/approved without this requirement
- I understand I may be required to provide additional information to support my claim for RPL/RCC
- I understand that I may be required to demonstrate my knowledge and skills related to this cluster through the example RPL assessment outlined in this document