

Key Role D5 Help people to recover from sports injuries

Unit D52 Apply sports massage

Unit Summary

About this Unit

This unit is about preparing for and applying the following massage techniques: stroking/effleurage, pettrissage and tapôttement. Massage may be applied in the following contexts: injury treatment, conditioning, pre-competition, during competition, post-competition, post-travel.

Who is the Unit for?

The unit is aimed at people involved in providing health care and support to participants in sport, exercise and active recreation. These people will not normally be eligible for registration with the General Medical Council or Council for the Professions Supplementary to Medicine.

What Does the Candidate Have to Do?

The unit has four elements. These are:

D52.1 Prepare self and equipment for sports massage

The candidate has to apply accepted standards of personal hygiene, dress and appearance. They must make sure that their equipment meets current safety legislation, is clean and hygienic and provides for the comfort of the participant. They must select materials that are appropriate and adequate for the planned massage. They must ensure that a suitable chaperone is present if the circumstances require one.

D52.2 Prepare the participant for sports massage

The candidate has to obtain sufficient information on the possible dangers of and contraindications to massage. They must expose and prepare the area to be massaged and observe and palpate the area. They should position the participant for comfort and support and make sure they understand the nature and purpose of the massage. They must ensure that a suitable chaperone is present if the circumstances require one.

D52.3 Apply sports massage

The candidate has to position the participant correctly, safely and comfortably. They must apply the massage technique correctly and in a way that is consistent with the participant's condition. They must observe and take account of any contraindications to massage. They should thoroughly cleanse the body area following massage and ensure that a suitable chaperone is present if the circumstances require one.

D52.4 Evaluate the effectiveness of sports massage

The candidate must obtain feedback on the effects of massage from the participant and measure these against the aims and objectives. They must identify any adverse reactions and make further palpatory and physical assessments as required. They must report progress to the relevant health care professional and follow their directions. They must record and safely store the details of the massage applied and its effects.

Explanations and Examples for Some of the Terms Used

The following are provided as guidance to candidates and assessors:

Chaperone	<i>Someone of the same sex as the participant who is present throughout the massage.</i>
Conditioning	<i>Puts the body through safe and intense development to achieve peak condition at the time of the major competition</i>
Relevant healthcare professional	<i>A member of the General Medical Council or the Council for the Professions Supplementary to Medicine.</i>
Specific needs	<i>Special populations within a sport who have physical or learning disabilities or other medical conditions such as pregnancy</i>
Injury	<i>Injuries to bones, joints and soft tissues as a result of participation in sport, exercise or active recreation</i>

Element D52.1

The candidate must be able to:

Prepare self and equipment for sports massage

Performance criteria

When doing so, the candidate must:

1. apply accepted standards of personal hygiene, dress and appearance
2. make sure that the **equipment** they will use meets current safety requirements
3. make sure that the **equipment** and **area** provide for the comfort and dignity of the **participant** and are clean and hygienic
4. select materials that are appropriate and adequate for the planned **massage technique**
5. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following

equipment:

- a) couch
- b) commercial massage vibrator/percussor

the following areas:

- a) massage room
- b) in situ at a sporting event

the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

and the following massage

techniques:

- a) stroking/effleurage
- b) pettrissage
- c) tapôtment

Element D52.2

The candidate must be able to:

Prepare the participant for sports massage

Performance criteria

When doing so, the candidate must:

1. obtain sufficient information on the possible dangers of, and contraindications to, the **massage technique** for the individual from a relevant health care professional
2. expose and prepare the body area to be massaged with due respect to the **participant's** dignity
3. observe and palpate the area in a way that is consistent with the **context** and the participant's condition
4. position the **participant** for comfort and support
5. make sure the participant understands the nature and purpose of the massage and the **equipment** that will be used
6. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following
massage techniques:

- a) stroking/effleurage
- b) pettrissage
- c) tapôttement

the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

the following contexts:

- a) treatment of injury
- b) conditioning
- c) pre-competition
- d) during competition
- e) post-competition

and the following

equipment:

- a) couch
- b) commercial massage vibrator/percussor

Element D52.3

The candidate must be able to:

Apply sports massage

Performance criteria

When doing so, the candidate must:

1. position the **participant** correctly, safely and comfortably throughout the massage, showing due regard for their dignity
2. apply the **massage technique** correctly and in a way that is consistent with the **participant's symptoms** and the **context**
3. carefully observe and take account of the dangers and contraindications to the **massage technique** being used
4. thoroughly cleanse the body area when the massage is complete
5. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following
massage techniques:

- a) stroking/effleurage
- b) petrissage
- c) tapôtment

the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

the following symptoms:

- a) cramp
- b) muscle spasm
- c) muscle stiffness
- d) post inflammatory swelling

and the following contexts:

- a) treatment of injury
- b) conditioning
- c) pre-competition
- d) during competition
- e) post-competition

Element D52.4

The candidate must be able to:

Evaluate the effectiveness of sports massage

Performance criteria

When doing so, the candidate must:

1. obtain feedback on the effects of the **massage technique** from the **participant** and measure these against agreed aims and objectives
2. identify any adverse reactions
3. make further **palpatory and physical assessments**
4. provide reassurance and additional opportunities for feedback
5. report on progress to the relevant health care professional and follow their directions
6. clearly record all required details of the massage applied and its effects
7. store all records safely and securely, according to legal requirements

Range

This element covers the following
massage techniques:

- a) stroking/effleurage
- b) pettrissage
- c) tapôtment

the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

and the following types of
palpatory and physical assessments:

- a) passive movement
- b) active movement
- c) resisted movement
- d) degree of swelling
- e) variations in tissue temperature
- f) muscle tone
- g) muscle bulk

What Knowledge, Understanding, Values and Skills Does the Candidate Need?

The candidate must show that they know and understand:

For the whole unit

1. the importance of cleanliness and hygiene and the standards that should be applied when applying massage
2. the importance of maintaining the dignity and comfort of the participant throughout the massage process
3. the importance of ensuring the participant is correctly positioned
4. the importance of having a suitable chaperone present when working with participants and principles to observe in relation to child protection and child protection legislation
5. the importance of obtaining information on the possible dangers of and contraindications to massage before commencing any treatment and how to obtain this information
6. the indications for massage
7. what the dangers and contraindications to massage are: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation.

Preparing for sports massage

8. the accepted standards of personal hygiene, dress and appearance and why they are important
9. current safety legislation for the types of equipment used in massage
10. the importance of making sure the equipment and the area provide for the comfort and dignity of the participant
11. the correct materials to use for the range of massage techniques covered by the unit

Preparing the participant for sports massage

12. how to observe and palpate the area to be massaged in advance and why
13. how to prepare the body area for the range of techniques listed and why
14. why the participant should understand the nature and purpose of the massage and the equipment being used

Applying sports massage

15. how to apply the range of techniques listed in the unit with particular reference to: contour of hands, stance, depth of pressure, direction of movement, the medium used, speed and rhythm of movement
16. the application of the range of techniques to the range of conditions listed
17. why it is important to cleanse the area following massage and how to do so

Evaluating the effectiveness of sports massage

18. the importance of evaluating the effectiveness of massage
19. how to obtain feedback from the participant on the effects of massage
20. the possible adverse reactions to massage and how to identify these
21. why it is important to provide reassurance and opportunities for further feedback and how to do so
22. how to report on progress to relevant health care professionals and why it is important to follow their directions
23. the details of the massage and its effects that should be recorded
24. the importance of accurate and confidential record keeping and safely storing records.
25. legal requirements for the storage of information on participants and the treatment they have received.

What Key Skills Could the Candidate Cover?

If a candidate successfully completes this unit, they could provide evidence for the following key skills:

Communications

Element 4.1 Take part in discussions

Element 3.2 Produce written material

Element 2.3 Use images

Element 4.4 Read and respond to written materials

Application of Number

Element 1.1 Collect and record data

Element 1.2 Tackle problems

Working with others

Element 3.1 Identify collective goals and responsibilities

Element 3.2 Work to collective goals

Improving own Learning and Performance

Element 3.1 Identify targets

Element 3.2 Follow schedule to meet targets

Problem solving

Element 3.1 Select procedures to clarify problems with a range of possible solutions

Element 3.2 Identify alternative solutions and select solutions to problems

What Core Skills Could the Candidate Cover? (For candidates in Scotland)

If a candidate successfully completes this unit, they could provide evidence for the following core skills:

Spoken Communication

Element 4.1 Demonstrate an understanding of complex spoken communication

Element 4.2 Take part in sustained discussions on complex topics

Written Communication

Element 4.1 Demonstrate an understanding of complex written communication

Element 3.2 Produce well structured written communication

Using Number

Element 1.1 Apply basic numerical skills to solve simple problems relevant to the workplace

Element 1.2 Interpret and communicate data relevant to the workplace

Working with others

Element 3.1 Negotiate collective and personal responsibilities in relation to set targets

Element 3.2 Establish and maintain working relationships, in relation to set targets

Element 3.3 Analyse personal contribution to working with others to achieve targets

Problem solving

Element 3.1 Explain the nature of a non-routine problem

Element 3.2 Identify a strategy for solving a non-routine problem and plan its implementation

Element 3.3 Implement a strategy for solving a non-routine problem

Element 3.4 Assess the effectiveness of a strategy for solving a non-routine problem.