

# **MASSAGE DIPLOMA SYLLABUS**

## **Module One**

Recommended Reading

History of Massage

The Treatment Room

Setting up the work area

Selecting a Massage Couch

Health Safety and Hygiene

Personal Hygiene

Pathogenic Bacteria

Anatomical Positions

Integrated medicine

Holistic approach to healthcare

The relationship between orthodox and complementary medicine

The House of Lords Select Committee report and recommendations.

Classification of Massage Strokes and their Effects

Effleurage

Petrissage

Skin Rolling

Compression

Vibration

Shaking

Rocking

Tapotement

Friction

Lubricants and other mediums

Hand Exercises for mobility

The Importance of Posture, Stride Standing, Walk Standing

Towel Technique

Professional ethics and client care

Carrier/Fixed Oils used in Massage

Stress – How the body is affected by stress

Duration and Frequency of Treatment

## **Clinical Practice**

Prepare the treatment area .

Carry out an effective consultation to demonstrate the following:

1. Demonstrate procedures required in order to perform a client consultation and assessment for treatment
2. Identify key points in the compilation of a consultation sheet
3. Empathetic listening skills
4. Appropriate use of open and closed questions
5. Analysis of body language
6. Offer suggestions regarding diet and lifestyle
7. Session closing skills

## 8. Monitoring of on-going progress

Perform a range of diagnostic tests to include:

1. Postural and skin analysis
  2. Facial mobility
  3. Cellulite
  4. Fluid retention
- Identify indications, clinical contraindications, cautions or contra actions, which require the avoidance of specific products or treatment methods
  - Demonstrate an effective approach to treatment
  - Appropriate and safe treatment
  - Devise a treatment plan to meet individual client needs
  - Give advice on aftercare and make recommendations for home ca
  - Identify potential situations and conditions which require client referral to medical and non-medically trained healthcare professionals
  - Discuss the importance of recognising ones own limitations as a therapist
  - Explain the use of massage for special client groups and situations:
    1. Skin care and associated conditions
    2. Pregnancy
    3. Baby and childcare
    4. Stress related conditions: nervous tension, anxiety, depression
    5. The elderly
    6. Cancer care
    7. People with physical and learning difficulties
  - Describe the mental and emotional benefits of Massage
  - Describe the placebo effects and mind-body connection

## **Professional Practice and Management**

The student will be able to:

- Ethical Management of a professional practice
- Describe the maintenance of up to date and secure client records
- Explain confidentiality
- Explain time management
- Describe safety in the clinic
- Explain boundaries of the therapeutic relationship
- Liaise with other healthcare professionals
- Work within an orthodox healthcare setting

The student will be able to explain briefly the following bodies

- The Aromatherapy and Allied Practitioners' Association

- The British Complementary Medicine Association
- The Research Council for Complementary Medicine
- The Complementary and Natural Healthcare Council
- The General Council for Massage Therapy

The student will be able to describe

- A sole trader
- A partnership
- A limited company

The student will be able to identify the issues for Massage in connection with the following:

- Curriculum vitae
- Scope of practice
- Insurance: professional indemnity/public/product liability
- Advertising and marketing
- Financial management and accountability: accounts, taxation, data protection, NI contributions, pensions
- Development of practice

The student will be able to explain the implications of legal requirements for good practice:

- Employers Liability Act 1969
- Health and Safety at Work Act 1974
- Fire Precautions Act 1971
- Race Relations Act 1976
- Sex Discrimination Act 1986
- Performing Rights Act 1988
- Control of Substances Hazardous to Health Act 1999 COSHH
- Reporting Injuries, Diseases and Dangerous Occurrences Act 1995 RIDDOR
- Local authority by-laws
- Disability Discrimination Act 1995
- Data protection Act 1984
- Trades Descriptions Act 1972

### **Professional Self-Development**

The student will develop an understanding of the key elements of continuing professional development and research.

The student will be able to:

- Identify the advantages of personal self-development
- Explain the requirements for continuing professional development

- Explain the necessity of keeping up to date with changes in the profession
- Explain the advantages of participation in local support groups
- Identify strategies for maintaining practitioner health and well-being
- Develop an awareness of other complementary therapies

The student will be able to:

- Greet a new client, conduct an appropriate consultation
- Discuss treatment, explain the main features and reasons for the treatment chosen with the client
- Blend carrier oils safely and appropriately for the individual
- Carry out an appropriate treatment, using massage if applicable
- Carry out any other treatment which would be applicable in that situation
- Explain what treatment would be suggested if facilities permitted
- Provide suitable after care advice

The student will conduct research into over 100 common conditions most likely to be encountered in the normal day-to-day working i.e. head lice, athletes foot, herpes simplex, frozen shoulder, headaches, constipation, a burn, sinusitis, sciatica, endometriosis etc.

### **Other Topics Covered Include**

The Therapeutic Relationship  
 Setting Boundaries  
 Case Histories  
 Client Consultation/Record keeping  
 Confidentiality  
 Evaluating a Treatment  
 After Care Advice  
 Treating Specific Areas  
 Referrals to other Health Care Professionals  
 The Importance of not diagnosing  
 Holism and Energy  
 Adaptations for Special Client Groups  
 Assessing Imbalances  
 Treatment Plans  
 Physiological effects of Remedial Massage on the Body Systems  
 Full Body Routine  
 Surface Anatomy

### **Module Two**

Advanced Massage Techniques  
 Anatomy of neck and upper shoulders  
 Massage in prone lying and supine lying positions - Advanced Massage

Techniques  
 Trigger Points  
 Nerve impingement  
 Dermal receptors  
 Neuroendocrine Interactions  
 The influence of Massage on Neuroendocrine Substances  
 Seated Shoulder Massage  
 Passive Movements  
 Assisted Exercises  
 Facial Massage  
 Pain and Massage  
 Frozen Shoulder  
 Hip Pain – Anatomy of the lower back, hip and thigh  
 Effects of Injury  
 Clinical Reasoning  
 Muscle Injury  
 Neuromuscular Techniques  
 Pain Cycle Stretch Receptors  
 Proprioceptors  
 Muscle Energy Techniques  
 Soft Muscle Concept  
 Soft Tissue Release  
 Post Isometric Relaxation  
 Myofascial release  
 Palpatory Techniques  
 Ice and Heat Application  
 Ice Massage  
 Back Massage - Advanced Massage Techniques  
 Neck Massage – Advanced Massage Techniques  
 Valid Research  
 Determining Feedback  
 Pricing Massage  
 Insurance  
 Case Studies – Progress

The student will be expected to undertake 100 hours of Case Studies and complete an extensive portfolio, which includes sections on Business Practice, Anatomy and Physiology, Hygiene, Legislation, Other Complementary Therapies, Nutrition, Orthodox Specialists, Hypothetical Scenarios, First Aid, Conditions Related, Treatment Related, Health and Safety and Communication Skills.

List the Massage considerations for over 100 common conditions most likely to be encountered in the normal day-to-day working i.e. head lice, athlete's foot, herpes simplex, frozen shoulder, headaches, constipation, a burn, sinusitis, sciatica, endometriosis etc.

Students will need to either hold or work towards a recognized Anatomy and Physiology qualification and produce a current First Aid Certificate, which will need to be updated every three years.

## Recommended Reading

### Anatomy

Kapit W, Lawrence M. Elson (2003) The Anatomy Colouring Book, Random House International Paperback 161 pages ISBN: 0375763422

Page, Martyn **Human Body** Dorling Kindersley Paperback 448 pages ISBN 0751335142

Ross J, Wilson R Ross & Wilson (Ed) (2004) Anatomy & Physiology in Health & Illness Churchill Livingstone Paperback 504 pages (June 27, 2001) ISBN: 0443064687

Tortora & Grabowski (2003) An Introduction to the Human Body John Wiley Smith T (Ed.) ISBN: 047125150X

### Pathology

Ball J (1990) Understanding Disease: Health Practitioner's Handbook The C W Daniel Company Ltd

Fox S, Pritchard D (2001) Anatomy, Physiology and Pathology for the Massage Therapist, Corpus Publishing Limited

Henry JA (Ed.) (2004) BMA New Guide to Medicines and Drugs Dorling Kindersley (2003) British National Formulary BMJ Books Martin E (Editor) (2003)

Martin E (2003) Concise Colour Medical Dictionary Oxford University Press Mosby's Medical Nursing and Allied Health Dictionary (Oct 2001) Hardcover

432145 pages Publisher: Mosby ISBN: 0323014305

Smith, T Editor (Sep 2000) BMA Complete Family Health Guide Hardback 1104 pages) Dorling Kindersley ISBN 0751327220 Handbook of Signs & Symptoms Second Ed. Paperback 664 pages ISBN 0874348935

### Applied Massage

**Basic Clinical Massage Therapy: Integrating Anatomy and Treatment** - James H. Clay and David M. Poundsnd Treatment (Hardcover) Publisher: Lippincott Williams and Wilkins (Aug 2002), ISBN: 0683306537

**Trail Guide to the Body: How to Locate Muscles, Bones, and More** (Paperback) by Andrew R. Biel Publisher: Books of Discovery (Jul 2001), ISBN: 0965853411

**Mosby's Pathology for Massage Therapists** (Hardcover) by Susan G. Salvo, Sandra Kauffman Anderson Publisher: Mosby (21 Jul 2004) ISBN: 0323026524

**Mosby's Fundamentals of Therapeutic Massage** (Paperback)  
by Sandy Fritz, Publisher: Mosby (17 Feb 2005), ISBN: 0323034446

**The Concise Book of Muscles** (Paperback) by Chris Jarmey  
Publisher: North Atlantic Books (May 2003), ISBN: 1556434669

**Medicine Hands: Massage Therapy for People with Cancer**  
(Paperback) By Gayle McDonald, Publisher: Findhorn Press Ltd. (May 1999),  
ISBN: 1899171770

**Massage for People with Cancer** (Hardcover) by Patricia McNamara,  
Publisher: Cancer Resource Centre (Feb 2004), ISBN: 0954477847

**Anatomy of Movement** (Paperback) by Blandine Calais-Germain,  
Publisher: Eastland Press (5 Dec 1994), ISBN: 0939616173

**Sports Injuries: A Self-help Guide** (Paperback) by Vivian Grisogono,  
Publisher: John Murray (1 Mar 1989), ISBN: 0719541115

**Job's Body: A Handbook for Bodywork** (Paperback) by Deane Juhan,  
Publisher: Barrytown Ltd ,U.S. (Jul 2003), ISBN: 1581770995

**The Complete Guide to Stretching** (CG) (Paperback) by Christopher M.  
Norris, Publisher: A & C Black (6 Sep 2004), ISBN: 0713669942

**Sports Injuries: Diagnosis and Management** (Hardcover) , by  
Christopher Norris, Publisher: Butterworth-Heinemann Ltd (27 Jul 2004),  
ISBN: 0750652233

**Travell and Simon's Myofascial Pain and Dysfunction: The  
Trigger Point Manual v. 1** Publisher: Lippincott Williams and  
Wilkins (Oct 1998) ISBN: 0683083635 and v. 2 (Hardcover)  
Publisher: Lippincott Williams and Wilkins (Dec 1991) ISBN:  
0683083678 by David Simons

**Proprioceptive Neuromuscular Facilitation: Patterns and  
Techniques** (Hardcover) by Margaret Knott, Publisher: Lippincott  
Williams and Wilkins (May 1985), ISBN: 0061425958

**Deep Tissue Massage: A Visual Guide to Techniques**  
(Paperback) by Art Riggs , Publisher: North Atlantic Books,U.S.  
(May 2002), ISBN: 1556433875

**Anatomy Trains** (Paperback) by Tom Myers, Publisher: Churchill  
Livingstone (20 Sep 2001), ISBN: 0443063516

**Massage Therapy and Cancer** (Paperback) by Debra Curties,  
Publisher: Curties-Overzet Publications Inc (1999) ISBN:  
0968525601

**Anatomy and Human Movement: Structure and Function**  
(Paperback) By Nigel Palastanga, Roger W. Soames, Derek Field  
Publisher: Butterworth-Heinemann Ltd (15 Feb 2006) ISBN:  
0750688149

**The Endless Web: Fascial Anatomy and Physical Reality**  
(Paperback) by R.Louis Schultz, Rosemary Feitis  
Publisher: North Atlantic Books,U.S. (30 Sep 1996) ISBN:  
1556432283

### **Therapeutic Relationship**

Mitchell, A. Cormack, M. (1998) The Therapeutic Relationship in  
Complementary Health care. Churchill Livingstone

### **Legislation and Ethics**

S12(1) of the Medicines Act 1968 and proposed review MHRA documents.  
The Cosmetic Products (Safety) Regulations 1996  
Massage & Special Treatment Licensing Acts & Regulations

### **Business Practice**

Aldred Elaine M., "A Guide to starting your own Complementary Therapy  
Practice" (2007), Churchill Livingstone ISBN -0-443-10309-7  
Bailey, Anthony The "Which" Guide to Starting Your Own Business: How to  
Make a Success of Going It Alone ("Which?" Consumer Guides); Paperback  
~ Paperback 288 pages (March 2003) Publisher: Which? Books ISBN:  
0852029306  
Bickne, Carrie Web Design on a Shoestring; Hardcover ~ Hardcover 250  
pages (July 2003) Publisher: New Riders ISBN: 0735713286  
Reuvid, Jonathan & Millar, Roderick Start Up and Run Your Own Business;  
Paperback ~ Paperback 292 pages (September 3, 2003) Publisher: Kogan  
Page ISBN: 0749440287  
Rooney, Kathy (Editor) Good Small Business Guide: How to Start and Grow  
Your Own Woods, Caspian From Acorns... How to Build Your Brilliant  
Business From Scratch; Paperback ~ Paperback 172 pages (December 12,  
2003) Publisher: Prentice Hall ISBN: 0273688057  
Webb P & S (2003) The Small Business Handbook: An Entrepreneur's  
Definitive Guide to Starting a Business Paperback 608 pages (December 15,  
2003) Publisher: Bloomsbury ISBN: 0747566909  
Updated May 2009 CP 24Inland Revenue Leaflets (available as PDF's  
from <http://www.hmrc.gov.uk/leaflets/>): SE/1 Thinking of working for yourself?  
- Includes an application form to register yourself as a self-employed person



and also to register for National Insurance Contributions. CF10 – Self-employed people with small earnings ES/FS1 – Employed or self-employed for tax and national insurance contributions SA/BK4 Self Assessment. A general guide to keeping records. Gives general advice about the records that need to be kept for tax purposes each year and how long they need to be kept. SA/BK8 Self Assessment. Your Guide.

## **Research**

Lewith G. (2001) Clinical Research in Complementary Therapies. Churchill Livingstone Paperback 392 Pages ISBN 044306367  
Sutton C (1987) Handbook of research for the helping professions, New York

## **Reflection**

<http://www.trainer.org.uk/members/theory/process/reflection.htm>

Boud D, Keogh R & Walker D; (1985) Reflection: turning experience into learning,

Kogan Page Johns C. (2002) Guided Reflection Blackwell Science Johns C. (2000) Becoming a reflective practitioner; a reflective and holistic approach to clinical nursing, practice development and clinical supervision

Blackwell Science Johns C (1994) Guided reflection. In reflective practice in nursing (Palmer A et al eds) Blackwell science, Oxford Reflection -  
<http://www.trainer.org.uk/members/theory/process/reflection.htm>