

ITEC Unit 14 Swedish Massage Recommended guided learning hours – 60	
Unit 14 Swedish Massage	
Learning outcome	Underpinning knowledge
Students will be able to: 1) Understand and explain the history of the development of Swedish (classical) massage	To include: • China 300BC • Japanese Shiatsu • Indian Ayurvedic medicine • The Greeks • The Romans • Per Henrik Ling • Physiotherapy • Present day
2) Understand, explain and recognise common ailments and contraindications to massage with reasons	<p> ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist </p> <ul style="list-style-type: none"> • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p> ◆ Contraindications that restrict treatment </p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Anaphylaxis • Body piercing
3) Understand, explain and demonstrate appropriate client care	To include: • Ensure all surfaces are lined with couch roll • Wipe couch and trolley with surgical spirit or similar at the end of each day • Checking consultation and contraindication • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client as part of a weight loss programme • Remove the massage medium at the end of the treatment • Help the client off the couch, protecting their modesty at all times • Ensure client does not stand on floor with bare feet

4) Understand, explain and demonstrate the appropriate medium for the treatment and client's skin type	<p>To include:</p> <ul style="list-style-type: none"> • Mediums available should be oil (not mineral oil), cream, powder (unperfumed) • The effects and benefits of each should be known • Ensuring the massage medium is removed at the end of the treatment (if appropriate)
5) Understand, explain and demonstrate the classical massage movements and their physiological and psychological effects	<ul style="list-style-type: none"> • Effleurage • Petrissage – kneading and frictions • Tapotement including hacking, cupping, beating, pounding • Vibrations • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the client's needs
6) Understand and explain the structures to be worked over and their function	<ul style="list-style-type: none"> • To include all the body systems in the anatomy and physiology unit
7) Understand, explain and demonstrate areas to be massaged	<p>To include:</p> <ul style="list-style-type: none"> • Front and back of leg • Abdomen • Arms • Shoulders and décolleté • Back
8) Understand and explain contra-actions or reactions to treatment	<p>To include:</p> <ul style="list-style-type: none"> • Feeling tired • Micturition
9) Understand and explain the importance of giving appropriate home care advice after treatment	<p>To include:</p> <p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing • Helping clients and their families to put their choices into action
10) Evaluate and review the massage treatment/programme	<ul style="list-style-type: none"> • At the end of each treatment any reactions should be recorded
ITEC Unit 14 Swedish Massage Evidence of Treatments	
<p>Evidence of treating 3 clients on 3 separate occasions for each client</p> <p>These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner</p>	<p>To include:</p> <ul style="list-style-type: none"> • Consultation • Medical History • Lifestyle • Treatment details • Client feedback • Aftercare and home care advice <p>Treatments should be evidenced through the consultation form for Body Treatments. See www.itecworld.co.uk for a sample consultation form and evidence of treatments guidance form</p>