

ITEC Unit 14 – Swedish Massage Marking Criteria

APPEARANCE – 10 MARKS (1 mark each)

The learner demonstrated:

1. Clean, ironed professional uniform
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Short, clean, well manicured nails with no varnish and clean hands
4. Clean sensible flat shoes, socks should be worn
5. Tights which are an appropriate colour for the uniform if wearing a skirt
6. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible undershirts/underwear
10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor

CLIENT CARE – 5 MARKS (1 mark each)

The learner:

1. Greeted and introduced self to client
2. Assisted the client off the couch
3. Explained the treatment procedure to the client.
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleague throughout

HYGIENE AND STERILISATION –5 MARKS (1 mark each)

The learner:

1. Cleaned and wiped over equipment before, during and after use
2. Ensured that laundry is cleaned and changed for each client
3. Sanitised hands before, during and after treatment as appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately.
5. Stowed client's footwear under the couch

PRESSURE – 10 MARKS (2 marks each)

The learner:

1. Established client's preference regarding pressure of massage.
2. Adapted pressure to suit the client.
3. Adapted pressure to suit the area.
4. Adapted pressure to suit the movement.
5. Moved the skin appropriately according to the movement

EFFLEURAGE – 10 MARKS (2 marks each)

The learner:

1. Ensured hands maintained maximum contact
2. Ensured the skin 'rippled' ahead of the fingers
3. Ensured the entire area is covered with effleurage
4. Ensured that the stroke is in the direction of the blood flow
5. Ensured that the speed is slow and constant

PETRISSAGE (KNEADING/FRICTIONS) – 20 MARKS (4 marks each)

The learner:

1. Checked for contraindications
2. Ensured that hands and wrists displayed flexibility.
3. Covered the entire muscle
4. Moved the skin/muscle appropriately.
5. Ensured that the movement is rhythmical.

PERCUSSION – 10 MARKS (2 marks each)

The learner:

1. Checked for contraindications
2. Ensured that hands and wrists displayed flexibility
3. Covered the entire muscle
4. Ensured that the skin reacted to the movement accordingly
5. Ensured that movement is rhythmical, fast and audible when appropriate.

PASSIVE – 5 MARKS (2.5 marks each)

The learner:

1. Supported the joint
2. Used appropriate range of movement

CONTINUITY OF MASSAGE – 10 MARKS (2 marks each)

The learner:

1. Maintained contact during massage of each area.
2. Used effleurage to link movements.
3. Performed movements in a logical sequence.
4. Demonstrated all classical movements provided no contraindications exist.
5. Adequately massaged each area

POSTURE – 10 MARKS (2 marks each)

The learner:

1. Ensured appropriate standing/sitting position for each area.
2. Ensured correct position of shoulders and back
3. Ensured correct position of elbows
4. Ensured flexibility of knees is appropriate
5. Ensured correct flexibility/position of back (stance)

ORAL QUESTIONS – 5 MARKS

1. What is the benefit of that movement?
2. When do we use that movement?
3. What are the general contraindications to massage?
4. What are the specific contraindications to that area?
5. What are the contraindications to that movement?
6. What muscles are you working over?
7. How can you detect a tense/tired muscle? What has caused this tension?
8. Why is a good knowledge of A&P relevant to massage?
9. What are the effects of massage?
10. Why is it necessary to do a thorough consultation before massage?
11. When doing a consultation, if you discovered a client was very nervous – what would you do?
12. Where the problem area of this client is's back?
13. What muscles are involved?
14. What movements would YOU do to alleviate this tension?
15. How would you approach a client with a lumbar back pain?
16. What would you do if a client:
 - Fainted
 - Had a nose bleed
 - Felt sick
 - Felt dizzy during a massage