

ITEC Unit 15 Figure Diagnosis and Body Electrical Treatments

Recommended guided learning hours – 200

Unit 15 Figure Diagnosis and Body Electrics Figure Diagnosis	
Learning outcomes	Underpinning knowledge
Students will be able to: 1) Understand, explain and demonstrate correct client care and modesty at all times	To include: • Checking consultation and contraindications • Explaining the treatment to the client, particularly the process and reasons for weighing and measuring • Help the client onto the couch and protect the client's modesty at all times • Ensure that all parts of the client are covered, preferably with a robe, except the area being measured • Ensure that pants are kept on • Ensure the client does not step on the bare floor at any time
2) Understand and explain methods of consultation	A sample of a consultation form can be found at www.itecworld.co.uk Students should demonstrate knowledge of the importance of the following: • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Eye contact • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent to treatment (including signature and date) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the clients religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement with the course of action • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process
3) Understand and explain Morphology	• Mesomorph • Ectomorph • Endomorph
4) Understand, explain and assess the different postural/figure conditions	To include postural defects: • Dowager's hump • Round shoulders • Winged scapulae • Midriff bulge • Protruding abdomen • Hyper-extended knees • Fluid retention • Weight distribution • Poor muscle tone • Kyphosis • Lordosis • Scoliosis
5) Understand, explain and demonstrate how to test the major muscle groups for muscle tone	To include: • Quadriceps • Hamstrings • Biceps • Triceps • Abdominals
6) Understand and explain the different types of fat and the most appropriate methods of treatment	To include: • Cellulite • Hard • Soft • Adipose
Exercise	
7) Understand, explain and advise clients of exercises for the specific problem areas which may be performed at home in between treatments	To include simple exercises for a healthy lifestyle: • Hips • Thighs • Buttocks • Arms • Abdomen

8) Understand and explain exercises for specific areas depending on age and ability	To include: • Warm up • Specific safety points • Number of repetitions • Frequency of performance • Cool down
9) Understand and explain the muscles used	To include: ♦ Specific muscles for the areas being exercised in order to achieve maximum benefit: • Hips • Thighs • Buttocks • Arms • Abdomen
10) Understand and explain the following terms:	• Isotonic exercise • Isometric exercise • Controversial exercise • Aerobic exercise • Stretching
11) Understand and explain the importance of breathing during exercise	To include: • When to breathe • The function of oxygen when exercising • The consequence of lack of oxygen
12) Understand and explain the contraindications to exercise with reasons	♦ 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 • 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) • Bell's 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 ♦ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Localised swelling • Inflammation • Haematoma • Hernia • Recent fractures (minimum 3 months) • Recent injuries • Cervical spondylitis • Gastric ulcers • After a heavy meal • Anaphylaxis • Body piercing
13) Understand, explain and assess the client's figure and body type	Using the measurements to decide the client's figure type: • Pear shaped • Top heavy • Apple • Hour-glass • Square • Mesomorph • Ectomorph • Endomorph
14) Understand, explain and demonstrate how to measure correctly	Areas to be measured include: • Upper chest (under the arms) • Maximum chest • Below bust • Waist • Hips • Maximum buttocks (on hairline) • Top of thigh • 1 inch/2cm above knee • Maximum calf muscle • Ankle • Middle of upper arm • Middle of lower arm • Wrist
15) Understand, explain and correctly prepare a suitable treatment plan for the client's requirements to include:	• Pre-heat • Electrical equipment • Product advice • Healthy lifestyle
Electrical Treatments	
Students will be able to:	
16) Understand and explain the structure of an atom	To include: • Protons • Neutrons • Electrons • Nucleus • Functions of the above
17) Understand and explain the measurement of electricity	To include: • Volts • Watts and Amperes • Ohms and Ohm's law and their relevance
18) Understand and explain how to work out the correct fuse	• Definition of a fuse • 3 amp fuses with an appliance of up to 700 watts • 5 amp fuses with an appliance between 750-1000 watts • 13 amp fuses for appliances between 1000-3000 13 watts

19) Understand and explain the different types of current used in beauty therapy	To include: • Direct • Alternating • Interferential
20) Understand and explain the way in which the currents are produced and their effects on the body tissues	To include the following machines: • Faradic – direct interrupted/surged current • High frequency – Alternating– indirect/direct • Galvanic – Direct current possessing polarity – iontophoresis/desincrustation • Microcurrent – Modified direct current • Vacuum suction – creates an inverse pressure effect • Gyratory vibrator
21) Understand the function of the following:	• Insulator • Conductor
22) Understand and explain the function of a transformer and when and why it may be used	To include: • Step up and step down voltage and the beauty therapy equipment which may contain one
23) Understand and explain the function of a rectifier	• Changes AC to DC
24) Understand and explain the correct wiring of a plug	To include: • The colours of the wires and correct positioning inside the plug • Brown to the right • Blue to the left • Green/yellow to the centre
25) Understand and explain their responsibility under the Health and Safety at Work Act	To include: • Safety precautions in the salon when dealing with the general public and their liability
26) Understand and explain the Electricity at Work Act	To include: • The therapist's responsibilities to the client
27) Understand, explain and demonstrate the procedure for a nerve sensitivity test	To include: ◆ Electrical equipment where it would be necessary to carry out a test first ◆ The procedure for the tactile test: • Taking the sharp end of an orange wood stick and a piece of cotton wool and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation
28) Understand, explain and demonstrate the procedure for a heat sensitivity test	To include: ◆ Electrical equipment where it would be necessary to carry out a heat test – Infrared ◆ The procedure for the thermal test: • Take a hot and cold test tube full of water and place alternately against the client's skin to ascertain whether they feel the burning sensation of heat. If not, a heat lamp must not be used.
29) Understand and explain the basic structure of the electro-magnetic spectrum in relation to Ultra Violet and Infra Red	To include: • The position of the rays within the spectrum and the effect on the body tissues
30) Understand and explain the different types of Ultra Violet rays and their effects	To include: • UVA • UVB • UVC
31) Understand and explain the inverse square law	To include: • The relationship between distance, time and the distance of the lamp from the client
32) Understand and explain the First Aid procedure for the following conditions: Electric shock, shock, burns	• Check the up to date procedures with St Johns /Andrews ambulance and the Red Cross
33) Understand, explain and select appropriate equipment for the client's problem areas:	• Microcurrent • High frequency • Faradic • Galvanic • Vacuum suction • Infra-red • Gyratory Vibrator
34) Understand, explain and check for contraindications with reasons	◆ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)

	• Haemophilia • Any condition already being treated by a GP or another 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) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Contraindications that restrict treatment • 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 • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • IUD (coil) • Anaphylaxis • Muscle fatigue • Pacemaker • Body piercing • Excessive erythema
35) Understand, explain and demonstrate how to set up the equipment and check it is in good working order	To include: • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sanitised before and after use on the client
36) Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, length and frequency of use	To include: • Faradic • Galvanic • Microcurrent • Vacuum suction • Gyrotory vibrator • Infra-red
Galvansim – Iontophoresis	
37) Understand, explain and demonstrate how to prepare the body for treatment	To include: • Exfoliation • Pre-heat • Cleansing
38) Understand, explain and demonstrate how to prepare the client accordingly	• Cleanse and prepare the skin prior to electrical treatment
39) Understand, explain and check for contraindications with reasons	◆ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another 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) • Bell's 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 ◆ Contraindications that restrict treatment • 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 • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Hypersensitive skin • Pacemaker
40) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Use the correct intensity of current • Lower the intensity of the current when working on bony areas • Use the machine safely for the required amount of time • Ensure the electrodes are covered with sponges which have been pre-dampened with water • Ensure the galvanic pads do not lose contact with the skin • Therapist should check machine before use
41) Understand, explain and demonstrate the application of the treatment to the following areas	To include • Thighs • Buttocks • Abdomen • Upper arms
42) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes and pads	To include: • Ensure the electrodes/pads remain in contact with the client's skin until after the intensity has been zeroed • Detach and sanitise all electrodes
43) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product
44) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions e.g. cellulite gels (according to manufacturer's instructions)
45) Understand and explain possible contra-actions	To include: • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation
46) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
47) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan

Microcurrent	
48) Understand, explain demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
49) Understand, explain and check for contraindications with reasons	◆ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another 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) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Contraindications that restrict treatment • 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 • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Pacemaker
50) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Sine • Ramp • Square wave form • Adhere to all safety precautions • Use the correct intensity of current • Use the machine safely for the required amount of time • Therapist should check machine before use
51) Understand, explain and demonstrate the application of the treatment to the following areas	To Include: • Thighs • Buttocks • Abdomen • Upper arms • Breasts
52) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	To include: • Ensuring the electrode remains in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all electrodes
53) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product • Apply aftercare when and if appropriate or continue with further treatment
54) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions)

55) Understand and explain possible contra-actions	To include: • Muscle fatigue
56) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
57) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
Vacuum Suction	
58) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
59) Understand, explain and check for contraindications with reasons	◆ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another 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) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Contraindications that restrict treatment • 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 • Conditions affecting the neck • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Pacemaker • Loose crepey skin • Thin skin • Hypersensitive skin • Hirsutism
60) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Use the correct intensity of Vacuum (reduced pressure) • Use the machine safely for the required amount of time • Therapist should check machine before use • Glide until vacuum has been released
61) Understand, explain and demonstrate the application of the treatment to the following areas	To include: • Thighs • Buttocks • Abdomen • Upper arms • Back
62) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used tubes and cups	To include: • Glide cup and release pressure • Detach and sterilise all tubing and cups
63) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product • Continue with further treatment

64) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions)
65) Understand and explain possible contra-indications	To include: • Excessive erythema • Bruising
66) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
67) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
Faradism	
68) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
69) Understand, explain and check for contraindications with reasons	♦ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another 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) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindications that restrict treatment • 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 • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Pacemaker • IUD (Coil) • Muscle fatigue
70) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Pad the areas to be treated correctly • Ensure the pads are dampened with saline solution to increase the conductivity of the current • Use the correct intensity of current required to produce a visible contraction • Use the machine safely for the required amount of time • Only increase the current in the stimulation period NOT the interval • Do not move pads with current flowing

	• Therapist should check machine before use
71) Understand, explain and demonstrate the application of the treatment to the following areas	To include • Thighs • Buttocks • Abdomen • Upper arm • Chest • Back
72) Understand, explain and demonstrate the different types of padding	To include: • Dual – 2 sets of pads placed on one large muscle • Longitudinal – Origin and insertion • Split – Motor point • Avoid padding antagonist muscle groups
73) Understand, explain and demonstrate the use of different frequencies	To include: • Monophasic • Biphasic
74) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used pads	To include: • Ensuring the pads remain in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all pads
75) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any saline
76) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Exercise • Lifestyle • Apply after care creams when and if appropriate
77) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
78) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Machine setting • Treatment time • Any reactions • Treatment plan
79) Understand and explain possible contra-actions	To include: • Muscle fatigue
Infra-red	
80) Understand and explain the therapeutic effect of Infra-red	To include: • Creates erythema • Heats the blood • Warms the tissues • Dilates the pores • Relaxes tense sore muscles • Preheats the tissues prior to further deeper treatment • Analgesic effect • Increases local circulation
81) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
82) Understand and explain the contraindications with reasons	♦ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindications that restrict treatment • Any form of infection, disease or fever • 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) • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Hypersensitive skin • After any other heat treatment
83) Understand, explain and demonstrate the application of the treatment to the following areas	To include: • Thighs • Buttocks • Abdomen • Upper arm • Back
84) Understand and explain the safety precautions	To include: • Check bulbs and wires • Ensure the lamp is the correct distance away from the client • Ensure goggles are worn by client (infra-red rays can be harmful to eyes with prolonged use) • Protect head and back of neck
85) Understand and explain possible contra-actions	To include: • Heat exhaustion • Excessive erythema • Burning • Skin irritation
86) Understand and explain the reasons/indications for use	To include: • Sore aching muscles • Areas of tension • Pre-heat treatment prior to further deeper treatment
87) Understand, explain and distinguish between different depths of skin damage caused by a burn	To include: • Superficial • Partial-thickness • Full-thickness burn
88) Understand and explain the first aid treatment for burns, scalds and shock	• Check up to date procedures with St Johns/Andrews Ambulance and the Red Cross or equivalent for the country therein
Mechanical Massage and Vibratory Treatments	
89) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
90) Understand, explain and select the most appropriate piece of apparatus for use	To include: • Gyrotory vibrator (on a stand) • Hand held (masseter duo)
91) Understand, explain and demonstrate use of equipment safely and effectively on the client's problem areas	To include: • Areas of tension • Areas of soft fat • Areas of hard fat • Cellulite
92) Understand and explain the contraindications with reasons	◆ 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 • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another 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) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Urinary infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Thin clients • Elderly clients

	• Excessively hairy clients • 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 • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Conditions affecting the neck • Bony areas • Loose crepey skin • Thin skin • Thread veins • Varicose veins
93) Understand, explain and demonstrate the application of the treatment to the following areas	To include: • Thighs • Buttocks • Abdomen • Upper arm • Back
94) Understand and explain the safety precautions	To include: • Ensure the attachments are sanitised before and after use or use disposable covers • Use powder as a medium • Use the correct intensity of current required to produce a visible reaction – 1st degree erythema • Use the machine safely for the required amount of time • Feed the tissue into the attachment but do not press down into the tissues • Do not massage over the spine
95) Understand and explain indications for use	To include: • Areas of tension • Areas of soft • Areas of hard fat • Cellulite
96) Understand, explain and demonstrate the ability to work to the correct applicator and duration for the client's requirements	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
97) Understand and explain the effects on the body	To include: • Circulatory system • Lymphatic system • Muscular system
98) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Exercise • Lifestyle • Apply after care creams when and if appropriate • Apply specialised
99) Understand and explain possible contra-actions	To include: • Excessive erythema • Skin irritation • Bruising • Thread veins
Unit 15 Body Electrical Treatments Evidence of Treatments	
Evidence of treating 3 clients on 3 separate occasions each for a range of suitable body electrical treatments, showing results and progression. These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner	To include: • Consultation • Medical History • Lifestyle • Treatment details • Client feedback • Aftercare and home care advice 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