

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUBT370 – Figure diagnosis and body electricals

Total contact tuition hours proposed: 200

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> • College rules and regulations • College mission statement • VTCT (ITEC) rules and regulations • Health & safety • Timetable • Dates – holidays etc. • Syllabus • Recommended books • Uniform 	<ul style="list-style-type: none"> • Lecture • Q&A • Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Be able to carry out a consultation			
Explain and demonstrate methods of consultation	<ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and the client) • Good communication skills (asking open and/or closed questions where appropriate) • Eye contact • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Compliance with current data protection legislation • Consent to treatment (including signature and date) 	<ul style="list-style-type: none"> • 	

	<ul style="list-style-type: none"> • Any contra-indications to treatment • 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 of how the programme will be evaluated and the review process 		
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2. Be able to carry out body analysis and prepare a treatment plan to meet the client’s objectives

Explain and demonstrate appropriate client care	<ul style="list-style-type: none"> • Checking consultation and contra-indications • 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 the client does not step on the floor with bare feet 	•	
Explain body morphology	<ul style="list-style-type: none"> • Mesomorph • Ectomorph • Endomorph 		
Explain and assess the different postural/figure conditions and skin type	<ul style="list-style-type: none"> • Dowager’s hump • Round shoulders • Winged scapulae • Midriff bulge • Protruding abdomen • Hyper-extended knees • Fluid retention • Cellulite • Sluggish circulation • Skin type • Weight distribution • Poor muscle tone • Kyphosis • Lordosis • Scoliosis 		

Explain and demonstrate how to test the major muscle groups for muscle tone	<ul style="list-style-type: none"> ● Quadriceps ● Hamstrings ● Biceps ● Triceps ● Abdominals 		
Describe the different types of fat and the most appropriate methods of treatment	<ul style="list-style-type: none"> ● Cellulite ● Hard ● Soft ● Adipose 		
Explain and assess the client's figure and body type	<ul style="list-style-type: none"> ● Using the measurements to decide the client's figure type: <ul style="list-style-type: none"> - Pear shaped - Top heavy - Apple - Hour-glass - Square - Mesomorph - Ectomorph - Endomorph 		
Explain and demonstrate how to measure correctly	<ul style="list-style-type: none"> ● Areas to be measured include: <ul style="list-style-type: none"> - 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 		
Explain and prepare a suitable treatment plan to meet the client's needs	<ul style="list-style-type: none"> ● Pre-heat ● Electrical equipment ● Product advice ● Healthy lifestyle 		
Explain and demonstrate the procedure for	<ul style="list-style-type: none"> ● Tactile test ● Thermal test 		

appropriate sensitivity tests			
Explain and select appropriate equipment for the client's problem areas	<ul style="list-style-type: none"> • Microcurrent • Faradic (electro muscle stimulator EMS) • Galvanic • Vacuum suction (lymphatic drainage equipment) • Infrared • Gyrotory massager 		
Explain and demonstrate how to set up the equipment and check it is in good working order	<ul style="list-style-type: none"> • 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 		

3. Know exercises for health and well-being to reinforce treatment effects			
Explain exercises for the client's specific problem areas depending on age and ability and identify the muscles involved	<ul style="list-style-type: none"> • To include simple exercises which may be performed at home in between treatments for a healthy lifestyle • Hips • Thighs • Buttocks • Arms • Abdomen • Warm up • Specific safety points • Number of repetitions • Frequency of performance • Cool down 	•	
Explain types of exercise	<ul style="list-style-type: none"> • Isotonic exercise • Isometric exercise • Controversial exercise • Aerobic exercise • Stretching 		
Explain the importance of breathing during exercise	<ul style="list-style-type: none"> • When to breathe • The function of oxygen when exercising • The consequence of lack of oxygen 		

<p>Explain the contra- indications to exercise</p>	<ul style="list-style-type: none"> • 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 GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - 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 		
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	<ul style="list-style-type: none"> - Gastric ulcers - After a heavy meal - Anaphylaxis - Body piercing 		
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4. Know the theory of electricity and electrical treatments			
Explain the structure of an atom	<ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Functions of the above 	•	
Explain the measurement of electricity	<ul style="list-style-type: none"> • Volts • Watts and amperes • Ohms and Ohm's law and their relevance 		
Define the purpose of a fuse	<ul style="list-style-type: none"> • 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 watts • Or appropriate to the country therein 		
Explain the different types of current, the way in which they are produced and their effects on the body tissues	<ul style="list-style-type: none"> • Direct • Alternating • Interferential • Faradic – direct interrupted/surged current (electro muscle stimulator EMS) • Galvanic – direct current possessing polarity – iontophoresis/desincrustation • Microcurrent – modified direct current • Vacuum suction – creates an inverse pressure effect (lymphatic drainage) • Gyrotory massager 		
Explain the indications for use, treatment effects and length and frequency of use of the types of currents used in beauty therapy	<ul style="list-style-type: none"> • Faradic (electrical muscle stimulator EMS) • Galvanic • Microcurrent • Vacuum suction (lymphatic drainage) • Gyrotory massager • Infrared 		
Explain the functions of electrical devices and when they would be used	<ul style="list-style-type: none"> • Insulator • Conductor • Transformer • Rectifier 		

Explain the salon's/clinic's responsibility under the Health and Safety at Work Act	<ul style="list-style-type: none"> • Safety precautions in the salon when dealing with the general public and their liability 		
Explain the Electricity at Work Act	<ul style="list-style-type: none"> • The salon's/clinic's and therapist's responsibilities to the client 		
Explain the inverse square law	<ul style="list-style-type: none"> • The relationship between distance, time and the distance of the lamp from the client 		

5. Be able to carry out galvanic treatments			
Explain and demonstrate how to prepare the client for treatment	<ul style="list-style-type: none"> • Exfoliation • Pre-heat • Cleansing 	•	
Explain and check for contra-indications	<ul style="list-style-type: none"> • 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 GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Whiplash - Slipped disc 		

	<ul style="list-style-type: none"> - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <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 - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - 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 		
<p>Explain and demonstrate application of the treatment safely and effectively for the advised treatment time</p>	<ul style="list-style-type: none"> • 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 		

	<ul style="list-style-type: none"> • Ensure the galvanic pads are covered with sponges which have been pre-dampened with water • Ensure the galvanic pads to not lose contact with the skin • Therapist should check machine before use • Areas to be treated: <ul style="list-style-type: none"> - Thighs - Buttocks - Abdomen - Upper arms 		
Explain and demonstrate the need to conclude the treatment safely	<ul style="list-style-type: none"> • Ensure the galvanic pads remain in contact with the client's skin until after the intensity has been zeroed • Detach and sanitise all galvanic pads • Remove any excess product from the skin • Wipe the area with damp cotton wool or sponges to remove any product 		
Explain and give aftercare/home care advice for the client's condition	<ul style="list-style-type: none"> • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions e.g. cellulite gel (according to manufacturer's instructions) • Avoid activities that could cause contra-actions • Recommendations on further treatment and frequency of treatment 		
Explain possible contra-actions	<ul style="list-style-type: none"> • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation • Excessive erythema 		
Explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Explain and demonstrate how to update client records accurately	<ul style="list-style-type: none"> • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan • Record and store in line with current data protection legislation and professional codes of conduct 		

6. Be able to carry out microcurrent treatments			
Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • • Cleanse and prepare the skin prior to treatment 	•	
Explain and check for contra-indications	<ul style="list-style-type: none"> • 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 GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular 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 - Conditions causing muscular spasticity - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases 	•	

	<ul style="list-style-type: none"> - Undiagnosed lumps and bumps - Localised swelling - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - 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 		
<p>Explain and demonstrate application of the treatment safely and effectively for the advised treatment time</p>	<ul style="list-style-type: none"> • 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 • Areas to be treated: <ul style="list-style-type: none"> - Thighs - Buttocks - Abdomen - Upper arms - Breasts 		

Explain and demonstrate the need to conclude the treatment safely	<ul style="list-style-type: none"> Ensuring the electrode remains in contact with the client's skin until after the intensity has been zeroed Detach and sterilise/sanitise all electrodes Wipe the area with damp cotton wool or sponges to remove any excess product Apply aftercare 		
Explain and give aftercare/home care advice for the client's condition	<ul style="list-style-type: none"> Healthy eating Exercise Lifestyle Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions) Avoid activities that could cause contra-actions Recommendations on further treatments and frequency of treatments 		
Explain possible contra-actions	<ul style="list-style-type: none"> Muscle fatigue 		
Explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout 		
Explain and demonstrate how to update client records accurately	<ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan Record and store in line with current data protection legislation and professional codes of conduct 		

7. Be able to carry out vacuum suction (lymphatic drainage) treatments			
Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> Cleanse and prepare the skin prior to treatment 	<ul style="list-style-type: none"> 	
Explain and check for contra-indications with reason	<ul style="list-style-type: none"> 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 GP or specialist <ul style="list-style-type: none"> Pregnancy Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) Haemophilia 		

	<ul style="list-style-type: none"> - 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <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 - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn 		
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	<ul style="list-style-type: none"> - 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 - Loose crepey skin - Thin skin - Hypersensitive skin - Hirsutism 		
Explain and apply the treatment safely and effectively for the advised treatment time	<ul style="list-style-type: none"> ● 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 ● Areas to be treated: <ul style="list-style-type: none"> - Thighs - Buttocks - Abdomen - Upper arms - Back 		
Explain and demonstrate the need to conclude the treatment safely	<ul style="list-style-type: none"> ● Detach and sterilise all tubing and cups ● Wipe the area with damp cotton wool or sponges to remove any product 		
Explain and give aftercare/home care advice for the client's condition	<ul style="list-style-type: none"> ● Healthy eating ● Exercise ● Lifestyle ● Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions) ● Avoid activities that could cause contra-actions ● Recommendations for further treatment and frequency of treatments 		

Explain possible contra-indications	<ul style="list-style-type: none"> Excessive erythema Bruising 		
Explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Explain and demonstrate how to update client records accurately	<ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan Record and store in line with current data protection legislation and professional codes of conduct 		

8. Be able to carry out faradic (electro muscle stimulation) treatments			
Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> Cleanse and prepare the skin prior to treatment 	<ul style="list-style-type: none"> 	
Explain and check for contra-indications	<ul style="list-style-type: none"> 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 GP or specialist <ul style="list-style-type: none"> Pregnancy Cardiovascular 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 		

	<ul style="list-style-type: none"> - Cancer - Postural deformities - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <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 - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - 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 		
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	<ul style="list-style-type: none"> - IUD (coil) - Muscle fatigue 		
Explain and demonstrate the application of the treatment safely and effectively for the advised treatment time	<ul style="list-style-type: none"> • 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 • Areas to be treated: <ul style="list-style-type: none"> - Thighs - Buttocks - Abdomen - Upper arm - Chest - Back 		
Explain and demonstrate the different types of padding and the use of different frequencies	<ul style="list-style-type: none"> • Dual – 2 sets of pads placed on one large muscle • Longitudinal – origin and insertion • Split – motor point • Frequencies <ul style="list-style-type: none"> - Monophasic - Biphasic 		
Explain and demonstrate the need to conclude the treatment safely	<ul style="list-style-type: none"> • Ensuring the pads remain in contact with the client’s skin until after the intensity has been zeroed • Detach and sterilise/sanitise all used pads • Wipe the area with damp cotton wool or sponges to remove any saline/excess product from the skin 		
Explain and give aftercare/home care advice for the client’s condition	<ul style="list-style-type: none"> • Healthy eating • Exercise • Lifestyle • Apply after care creams when and if appropriate • Avoid activities that could cause contra-actions • Recommendations for further treatment and frequency of treatments 		
Explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout 		

Explain and demonstrate how to update client records accurately	<ul style="list-style-type: none"> • The treatment performed • Products used • Machine setting • Treatment time • Any reactions • Treatment plan • Record and store in line with current data protection legislation and professional codes of conduct 		
Explain possible contra-actions	<ul style="list-style-type: none"> • Muscle fatigue 		

9. Be able to carry out infra-red treatments			
Explain the therapeutic effects of infrared and indications for use	<ul style="list-style-type: none"> • 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 • Indications for use: <ul style="list-style-type: none"> - Aching muscles - Areas of tension - Pre-heat treatment prior to further deeper treatment 	•	
Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment 		
Explain and check for contra-indications	<ul style="list-style-type: none"> • 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 GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any conditions already being treated by a GP or another practitioner - Medical oedema - Nervous/psychotic conditions - Epilepsy 		

	<ul style="list-style-type: none"> - 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - 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 - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - 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 		
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	<ul style="list-style-type: none"> - Conditions affecting the neck - Any metal pins or plates - Loss of skin sensation - Anaphylaxis - Body piercing - Hypersensitive skin - After any other heat treatment 		
Explain the safety precautions	<ul style="list-style-type: none"> • Check bulbs and wires • Ensure the lamp is the correct distance away from the client • Ensure goggles are worn by client Protect head and back of neck 		
Explain and demonstrate the application of the treatment	<ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arm • Back 		
Explain possible contra-actions	<ul style="list-style-type: none"> • Excessive erythema • Burning • Skin irritation 		

10. Be able to carry out mechanical gyratory massage treatments			
Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment 	<ul style="list-style-type: none"> • 	
Explain and select the most appropriate piece of equipment	<ul style="list-style-type: none"> • Gyratory massager • Hand held massager 		
Explain the effects on the body and indications for use	<ul style="list-style-type: none"> • Circulatory system • Lymphatic system • Muscular system • Indications for use <ul style="list-style-type: none"> - Areas of tension - Areas of soft fat - Areas of hard fat - Cellulite 		
Explain and demonstrate use of appropriate equipment safely and	<ul style="list-style-type: none"> • Areas of tension • Areas of soft fat • Areas of hard fat • Cellulite 		

effectively on the client's problem areas			
Explain and check for contra-indications	<ul style="list-style-type: none"> • 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 GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatments <ul style="list-style-type: none"> - 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 		

	<ul style="list-style-type: none"> - Undiagnosed lumps and bumps - Localised swelling - IPL or laser in the treatment area - Epilation in the treatment area - Micropigmentation in the treatment area - 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 - Bony areas - Loose crepey skin - Thin skin - Thread veins 		
<p>Explain the safety precautions</p>	<ul style="list-style-type: none"> • 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 • Do not press down into the tissues when feeding the tissue into the attachment • Do not massage over the spine 		
<p>Explain and demonstrate the application of the treatment</p>	<ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arm • Back 		

<p>Explain and demonstrate the ability to work within time limits acceptable to industry</p>	<ul style="list-style-type: none"> • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout 		
<p>Explain and give aftercare/home care advice for the client's condition</p>	<ul style="list-style-type: none"> • Healthy eating • Exercise • Lifestyle • Apply aftercare creams when and if appropriate • Apply specialised products if appropriate • Avoid activities that could cause contra-actions • Recommendations for further treatment and frequency of treatments 		
<p>Explain possible contra-actions</p>	<ul style="list-style-type: none"> • Excessive erythema • Skin irritation • Bruising • Thread veins 		

Document History

Version	Issue Date	Changes	Role
v1	21/08/2019	First published	Qualifications and Regulation Co-ordinator