

iUBT370 – Figure diagnosis and body electrical treatments

URN – K/617/4299

Guided Learning Hours: 200

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to carry out a consultation	1.1. 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) • 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
LO2 Be able to carry out body analysis and prepare a treatment plan to meet the client's objectives	2.1. 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
	2.2. Explain body morphology	<ul style="list-style-type: none"> • Mesomorph • Ectomorph

	<ul style="list-style-type: none"> • Endomorph
2.3. 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
2.4. Explain and demonstrate how to test the major muscle groups for muscle tone	<ul style="list-style-type: none"> • Quadriceps • Hamstrings • Biceps • Triceps • Abdominals
2.5. Describe the different types of fat and the most appropriate methods of treatment	<ul style="list-style-type: none"> • Cellulite • Hard • Soft • Adipose
2.6. 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
2.7. 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

		<ul style="list-style-type: none"> - Ankle - Middle of upper arm - Middle of lower arm - Wrist
	2.8. 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
	2.9. Explain and demonstrate the procedure for appropriate sensitivity tests	<ul style="list-style-type: none"> • Tactile test • Thermal test
	2.10. 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
	2.11. 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

LO3 Know exercises for health and well-being to reinforce treatment effects	3.1. 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
	3.2. Explain types of exercise	<ul style="list-style-type: none"> • Isotonic exercise • Isometric exercise • Controversial exercise • Aerobic exercise • Stretching
	3.3. Explain the importance of breathing during exercise	<ul style="list-style-type: none"> • When to breathe

		<ul style="list-style-type: none"> • The function of oxygen when exercising • The consequence of lack of oxygen
	<p>3.4. 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)

		<ul style="list-style-type: none"> - Recent injuries - Cervical spondylitis - Gastric ulcers - After a heavy meal - Anaphylaxis - Body piercing
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LO4 Know the theory of electricity and electrical treatments	4.1. Explain the structure of an atom	<ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Functions of the above
	4.2. Explain the measurement of electricity	<ul style="list-style-type: none"> • Volts • Watts and amperes • Ohms and Ohm's law and their relevance
	4.3. 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
	4.4. 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
	4.5. 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
	4.6. Explain the functions of electrical devices and when they would be used	<ul style="list-style-type: none"> • Insulator • Conductor • Transformer • Rectifier
	4.7. 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

	4.8. Explain the Electricity at Work Act	<ul style="list-style-type: none"> • The salon's/clinic's and therapist's responsibilities to the client
	4.9. 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

LO5 Be able to carry out galvanic treatments	5.1. Explain and demonstrate how to prepare the client for treatment	<ul style="list-style-type: none"> • Exfoliation • Pre-heat • Cleansing
	5.2. 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 - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases

		<ul style="list-style-type: none"> - 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>5.3. 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 • 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

	5.4. 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
	5.5. 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
	5.6. Explain possible contra-actions	<ul style="list-style-type: none"> • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation • Excessive erythema
	5.7. 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
	5.8. 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

LO6 Be able to carry out microcurrent treatments	6.1. Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment
	6.2. 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
 - 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)

		<ul style="list-style-type: none"> - 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
	6.3. Explain and demonstrate application of the treatment safely and effectively for the advised treatment time	<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
	6.4. 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
	6.5. 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
	6.6. Explain possible contra-actions	<ul style="list-style-type: none"> • Muscle fatigue
	6.7. 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

	6.8. 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
LO7 Be able to carry out vacuum suction (lymphatic drainage) treatments	7.1. Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment
	7.2. 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 - 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

		<ul style="list-style-type: none"> • 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 - Loose crepey skin - Thin skin - Hypersensitive skin - Hirsutism
	<p>7.3. Explain and apply 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 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

		<ul style="list-style-type: none"> - Abdomen - Upper arms - Back
	7.4. 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
	7.5. 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
	7.6. Explain possible contra-indications	<ul style="list-style-type: none"> • Excessive erythema • Bruising
	7.7. 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
	7.8. 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

LO8 Be able to carry out faradic (electro muscle stimulation) treatments	8.1. Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment
	8.2. 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 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
 - 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)

		<ul style="list-style-type: none"> - 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
	8.3. 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
	8.4. 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
	8.5. 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
	8.6. 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

		<ul style="list-style-type: none"> • Recommendations for further treatment and frequency of treatments
	8.7. 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
	8.8. 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
	8.9. Explain possible contra-actions	<ul style="list-style-type: none"> • Muscle fatigue

LO9 Be able to carry out infra-red treatments	9.1. 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
	9.2. Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment
	9.3. 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

- 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
 - 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
 - Conditions affecting the neck
 - Any metal pins or plates

		<ul style="list-style-type: none"> - Loss of skin sensation - Anaphylaxis - Body piercing - Hypersensitive skin - After any other heat treatment
	9.4. 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
	9.5. Explain and demonstrate the application of the treatment	<ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arm • Back
	9.6. Explain possible contra-actions	<ul style="list-style-type: none"> • Excessive erythema • Burning • Skin irritation

LO10 Be able to carry out mechanical gyratory massage treatments	10.1.Explain and demonstrate how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to treatment
	10.2.Explain and select the most appropriate piece of equipment	<ul style="list-style-type: none"> • Gyratory massager • Hand held massager
	10.3.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
	10.4.Explain and demonstrate use of appropriate equipment safely and effectively on the client's problem areas	<ul style="list-style-type: none"> • Areas of tension • Areas of soft fat • Areas of hard fat • Cellulite
	10.5.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
 - 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
 - IPL or laser in the treatment area
 - Epilation in the treatment area
 - Micropigmentation in the treatment area
 - Inflammation
 - Varicose veins
 - Pregnancy (abdomen)
 - Cuts
 - Bruises

		<ul style="list-style-type: none"> - 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
	10.6.Explain the safety precautions	<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
	10.7.Explain and demonstrate the application of the treatment	<ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arm • Back
	10.8.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
	10.9.Explain and give aftercare/home care advice for the client’s condition	<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

		<ul style="list-style-type: none"> • Recommendations for further treatment and frequency of treatments
	10.10. Explain possible contra-actions	<ul style="list-style-type: none"> • Excessive erythema • Skin irritation • Bruising • Thread veins

Assessment	
Portfolio of evidence containing: <ul style="list-style-type: none"> • 9 treatment evidence to include <ul style="list-style-type: none"> - Treating 3 clients on 3 separate occasions each for a range of suitable body electrical treatments showing results and progression Practical examination MCQ	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: <ul style="list-style-type: none"> • Consultation • Medical history • Lifestyle • Treatment details • Client feedback • Aftercare and home care advice

Guide to taught content
The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	21/08/2019	First published	Qualifications and Regulation Co-ordinator
v2	19/09/2019	Amended incorrect title and GLH	Qualifications and Regulation Co-ordinator