

# iUBT344 – Apply stone therapy massage

URN – F/617/4275

**Guided Learning Hours: 75**

| Learning outcome                                 | Assessment criteria                                                        | Taught content to include                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| LO1 Be able to prepare for stone therapy massage | 1.1. Prepare self, client and work area for stone therapy massage          | <ul style="list-style-type: none"> <li>• Preparation of working area</li> <li>• Equipment including Personal Protective Equipment (PPE)</li> <li>• Products</li> <li>• Work wear</li> <li>• Personal appearance and behaviour</li> <li>• Hygiene e.g. sterilising/sanitising tools and equipment</li> <li>• Client for treatment</li> <li>• Client care and modesty</li> </ul>                                                                                                                                                                                                                                                                                                                    |
|                                                  | 1.2. Use suitable consultation techniques to identify treatment objectives | <ul style="list-style-type: none"> <li>• An example of a consultation form can be downloaded from: <a href="http://www.vtctskills.org.uk">www.vtctskills.org.uk</a></li> <li>• Suitable area</li> <li>• Positive body language</li> <li>• Positioning of the client</li> <li>• Communication skills</li> <li>• Professionalism</li> <li>• Contra-indications and contra-actions</li> <li>• Treatment plan</li> <li>• Products used</li> <li>• Consent</li> <li>• Age of consent and treating a minor</li> <li>• Parent or guardian must remain present throughout the treatment of minors under the age of 16</li> <li>• Confidentiality</li> <li>• Client/parent/guardian's signature</li> </ul> |
|                                                  | 1.3. Carry out body analysis and relevant tests                            | <ul style="list-style-type: none"> <li>• Height</li> <li>• Weight</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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|  |                                                                          | <ul style="list-style-type: none"> <li>• Body measurements</li> <li>• Posture check</li> <li>• Muscle tone test</li> <li>• Body fat</li> <li>• Fluid retention</li> <li>• Body Mass Index (BMI)</li> <li>• Tactile test</li> <li>• Thermal test</li> </ul>                                                                                                                                                                                                         |
|  | 1.4. Provide clear recommendations to the client                         | <ul style="list-style-type: none"> <li>• Taking into account the following: <ul style="list-style-type: none"> <li>- The outcome of the body analysis</li> <li>- Diet</li> <li>- Fluid intake</li> <li>- Smoking</li> <li>- Alcohol</li> <li>- Central heating</li> <li>- Air conditioning</li> <li>- Stress</li> <li>- Sleep</li> <li>- Exercise</li> <li>- Fresh air</li> <li>- Occupation</li> <li>- Lifestyle</li> <li>- Current regime</li> </ul> </li> </ul> |
|  | 1.5. Select products, tools and equipment to suit client treatment needs | <ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> </ul>                                                                                         |

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|  |                                                                                           | <ul style="list-style-type: none"> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Insulated gloves</li> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Stones - energised hot, cold and semi-precious in a full range of sizes (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products – massage medium/lotion</li> </ul> |
|  | 1.6. Describe salon requirements for preparing self, the client and work area             | <ul style="list-style-type: none"> <li>• Any particular rights, restrictions and acts applicable to stone therapy massage treatment</li> <li>• Code of practice/ethics</li> <li>• Insurance and professional association membership</li> <li>• Recording and storing records in accordance with current data protection legislation</li> <li>• Professional appearance</li> </ul>                                                                                                                                                                                                       |
|  | 1.7. Describe the environmental conditions suitable for stone therapy massage             | <ul style="list-style-type: none"> <li>• Lighting</li> <li>• Heating</li> <li>• Ventilation</li> <li>• Noise levels</li> <li>• Available space</li> <li>• Music</li> <li>• General hygiene</li> <li>• Waste disposal</li> <li>• Décor</li> <li>• Equipment</li> <li>• Privacy</li> <li>• Reception areas</li> <li>• General use/treatment areas</li> </ul>                                                                                                                                                                                                                              |
|  | 1.8. Describe the different consultation techniques used to identify treatment objectives | <ul style="list-style-type: none"> <li>• Positive body language</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|  |                                                                                           | <ul style="list-style-type: none"> <li>• Positioning of the client (no barriers between self and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Verbal and non-verbal communication</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | 1.9. Explain the importance of carrying out a detailed body analysis and relevant tests   | <ul style="list-style-type: none"> <li>• Identifying client's body type and needs</li> <li>• Thermal test</li> <li>• Tactile test</li> <li>• Contra-indications</li> <li>• Scope of treatment(s)</li> <li>• Aftercare advice</li> <li>• Home care advice</li> <li>• Advice regarding future treatment needs and appropriate intervals</li> </ul>                                                                                                                                                                                                                                                                                                                           |
|  | 1.10. Describe how to select products, tools and equipment to suit client treatment needs | <ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Insulated gloves</li> </ul> |

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|  |                                                               | <ul style="list-style-type: none"> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Stones - energised hot, cold and semi-precious in full range of sizes (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products – massage medium/lotion</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | 1.11. Explain the contra-indications to stone therapy massage | <ul style="list-style-type: none"> <li>• 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: <ul style="list-style-type: none"> <li>- Pregnancy</li> <li>- Cardiovascular conditions <ul style="list-style-type: none"> <li>▪ Thrombosis</li> <li>▪ Phlebitis</li> <li>▪ Hypertension</li> <li>▪ Hypotension</li> <li>▪ Heart conditions</li> </ul> </li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or another practitioner</li> <li>- Medical oedema</li> <li>- Osteoporosis</li> <li>- Arthritis</li> <li>- Nervous/psychotic conditions</li> <li>- Epilepsy</li> <li>- Recent operations</li> <li>- Diabetes</li> <li>- Asthma</li> <li>- Bell's palsy</li> <li>- Trapped/pinched nerve (e.g. sciatica)</li> <li>- Inflamed nerve</li> <li>- Cancer</li> <li>- Postural deformities</li> <li>- Conditions causing muscular spasticity (e.g. cerebral palsy)</li> <li>- Kidney infections</li> <li>- Whiplash</li> <li>- Slipped disc</li> </ul> </li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>- Undiagnosed pain</li> <li>- When taking prescribed medication</li> <li>- Acute rheumatism</li> <li>- Loss of skin sensitivity</li> <li>- Clinical obesity</li> <li>• Contra-indications that restrict treatment: <ul style="list-style-type: none"> <li>- Fever</li> <li>- Contagious or infectious diseases</li> <li>- Under the influence of recreational drugs or alcohol</li> <li>- Diarrhoea and/or vomiting</li> <li>- Skin diseases</li> <li>- Localised swelling</li> <li>- Inflammation</li> <li>- Varicose veins</li> <li>- Pregnancy (abdomen)</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissue (2 years for major operation and 6 months for a small scar)</li> <li>- Sunburn</li> <li>- Hormonal implants</li> <li>- Abdomen (first few days of menstruation depending how the client feels)</li> <li>- Haematoma</li> <li>- Hernia</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Cervical spondylitis</li> <li>- Gastric ulcers</li> <li>- After a heavy meal</li> <li>- Conditions affecting the neck</li> <li>- Areas of skin aggravated by heat</li> <li>- Metal pins/plates</li> <li>- Piercings</li> <li>- During cancer treatment</li> </ul> </li> <li>• Contraindications which prevent treatment <ul style="list-style-type: none"> <li>- Contagious skin diseases</li> <li>- Recent scar tissue</li> <li>- Undiagnosed lumps and swellings</li> </ul> </li> </ul> |
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|  |                                                                                 | <ul style="list-style-type: none"> <li>- Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson's disease, motor neurone disease)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|  | 1.12. Describe the types of stones, their properties and uses                   | <ul style="list-style-type: none"> <li>• Basalt</li> <li>• Marine</li> <li>• Marble</li> <li>• Semi-precious</li> <li>• Hardness/density (Mohs scale)</li> <li>• Structure</li> <li>• Formation</li> <li>• Type, size, shape, quality</li> <li>• Physiological and psychological effects</li> <li>• Ability to retain heat/cold</li> <li>• Ways of re-energising</li> <li>• In combination, alternately and/or in isolation</li> <li>• In conjunction with other treatments e.g. facial, manicure</li> <li>• Stone placement above and below the body</li> <li>• Significance of the seven major chakras</li> <li>• Significance of the five elements</li> </ul>                                                                                                                  |
|  | 1.13. Describe the historical and cultural background for stone therapy massage | <ul style="list-style-type: none"> <li>• The history and development of stone therapy massage</li> <li>• Historical and cultural use of stones</li> <li>• Native American traditions</li> <li>• Mary Nelson</li> <li>• Current day use of stones</li> <li>• Principles of Kneipp therapy</li> <li>• Principles of geo-thermotherapy</li> <li>• Principles of thermotherapy</li> <li>• Holistic approach</li> <li>• Concept and effects of working with energy and its influence on the aura, the chakras, spiritual, emotional and physical health</li> <li>• Concept of the five elements and their link to stone therapy treatment: <ul style="list-style-type: none"> <li>- Water</li> <li>- Wood</li> <li>- Fire</li> <li>- Earth</li> <li>- Air/Metal</li> </ul> </li> </ul> |

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|                                                |                                                      | <ul style="list-style-type: none"> <li>• The basic principles and characteristics of the seven major chakras and their significance in the development of and to the stone therapy treatment               <ul style="list-style-type: none"> <li>- Crown</li> <li>- Third eye</li> <li>- Throat</li> <li>- Heart</li> <li>- Solar plexus</li> <li>- Sacral</li> <li>- Root</li> </ul> </li> </ul>                                                                                                                                                                                                      |
|                                                | 1.14. Describe how different stones should be stored | <ul style="list-style-type: none"> <li>• Basalt</li> <li>• Marine</li> <li>• Marble</li> <li>• Semi-precious</li> <li>• Methods appropriate to disinfecting and sanitising the stones and positioning in a condition suitable for preparation of future treatments</li> <li>• Being left dry overnight using appropriate methods to re-energise the types of stones:               <ul style="list-style-type: none"> <li>- Sun</li> <li>- Moon</li> <li>- The elements</li> <li>- Natural sea salt</li> <li>- Sage</li> <li>- Energy</li> <li>- Mandalas</li> <li>- Labradorite</li> </ul> </li> </ul> |
| LO2 Be able to carry out stone therapy massage | 2.1. Communicate and behave in a professional manner | <ul style="list-style-type: none"> <li>• Checking consultations and contra-indications</li> <li>• Explaining and agreeing the treatment with the client</li> <li>• Benefits, limitations and co-operation required</li> <li>• Helping the client onto the couch prior to and off the couch after the treatment</li> <li>• Positioning the client correctly</li> <li>• Sanitising client's hands/feet as appropriate</li> <li>• Sanitising own hands as appropriate throughout treatment</li> <li>• Protecting the client's modesty at all times</li> </ul>                                              |



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|  |                                                                                    | <ul style="list-style-type: none"> <li>• Ensuring that all parts of the client are covered except the area being treated</li> <li>• Ensuring that the client is comfortable</li> <li>• Using appropriate covered supports</li> <li>• Adapt the stone therapy massage treatments to suit the needs of the client</li> <li>• Ensuring client does not stand on floor with bare feet</li> <li>• Client care</li> <li>• Communication</li> <li>• Correct posture, hygiene and a professional approach to the client throughout treatment</li> </ul>                                                                                                                                                                                                                                                                                                                                                                              |
|  | 2.2. Follow health and safety working practices                                    | <ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer's instructions</li> </ul> |
|  | 2.3. Position self and client correctly throughout the treatment                   | <ul style="list-style-type: none"> <li>• Positioning of the client</li> <li>• Client comfort</li> <li>• Application of the treatments</li> <li>• The importance of maintaining the correct working posture/stance throughout treatment</li> <li>• Stone therapy massage therapist self-care</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | 2.4. Use products, tools, equipment and techniques to suit clients treatment needs | <ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|  |  | <ul style="list-style-type: none"> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Insulated gloves</li> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Stones - energised hot, cold and semi-precious in a range of sizes (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products – massage medium/lotion</li> <li>• Uses of stones <ul style="list-style-type: none"> <li>- Effleurage</li> <li>- Petrissage</li> <li>- Friction</li> <li>- Tapping</li> <li>- Tucking</li> <li>- Placement</li> <li>- Trigger point work</li> </ul> </li> <li>• Stone therapy techniques <ul style="list-style-type: none"> <li>- Rotation of stones</li> <li>- Use of hot only</li> <li>- Use of cold only</li> <li>- Use of alternate hot and cold stones</li> </ul> </li> </ul> |
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|  |                                                                     | <ul style="list-style-type: none"> <li>- In combination of stone types and sizes</li> <li>- Use of semi-precious stones</li> <li>- Safe handling and avoiding excessive noise</li> </ul> <ul style="list-style-type: none"> <li>• Effects of stone therapy massage <ul style="list-style-type: none"> <li>- Homeostasis</li> <li>- Physical and spiritual effects</li> <li>- Benefits for the therapist</li> </ul> </li> <li>• Temperature management</li> <li>• Time management</li> <li>• Treatment areas: <ul style="list-style-type: none"> <li>- Head</li> <li>- Face</li> <li>- Neck, chest and shoulders</li> <li>- Arms and hands</li> <li>- Abdomen</li> <li>- Back</li> <li>- Legs and feet</li> </ul> </li> </ul> |
|  | 2.5. Complete the treatment to the satisfaction of the client       | <ul style="list-style-type: none"> <li>• Conclusion of treatment in appropriate manner to meet client's needs</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | 2.6. Evaluate the results of the treatment                          | <ul style="list-style-type: none"> <li>• Reviewing and recording treatment outcomes</li> <li>• Noting any immediate contra-actions</li> <li>• Treatment recommendations</li> <li>• Home care advice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | 2.7. Provide suitable aftercare advice                              | <ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare</li> <li>• Recommendations regarding the avoidance of activities which may cause contra-actions</li> <li>• Suitable body care regime</li> <li>• Lifestyle</li> <li>• Use of Sun Protection Factor (SPF)</li> <li>• Recommendation of further salon treatments and appropriate intervals</li> </ul>                                                                                                                                                                                                                                                                                                                                          |
|  | 2.8. Explain how to communicate and behave in a professional manner | <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Treatment explanation and agreement</li> <li>• Client care</li> <li>• Hygiene</li> <li>• Good communication skills adding open and/or closed questions where appropriate</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|  | 2.9. Describe health and safety working practices                                                               | <ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer's instructions</li> </ul> |
|  | 2.10. Explain the importance of positioning self and the client correctly throughout the treatment              | <ul style="list-style-type: none"> <li>• Ensuring the client is comfortable and correctly supported</li> <li>• Applying the treatments as appropriate to the client's needs</li> <li>• The importance of maintaining correct working posture/stance throughout treatment</li> <li>• Stone therapy massage therapist self-care</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | 2.11. Explain the importance of using products, tools, equipment and techniques to suit clients treatment needs | <ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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|  |                                                                                                  | <ul style="list-style-type: none"> <li>• UV cabinet</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Heat stable products – massage medium/lotion</li> <li>• Products, tools, equipment and techniques applicable for stone therapy massage treatment</li> <li>• Treatment areas</li> </ul>                                                                                                                                                                                                                                                         |
|  | 2.12. Describe how treatments can be adapted to suit client treatment needs                      | <ul style="list-style-type: none"> <li>• Restrictions</li> <li>• Client preferences and commitment</li> <li>• Product availability</li> <li>• Time scales</li> <li>• Costs</li> <li>• Vary the type and size of stone used in relation to the treatment area and client's physical characteristics</li> <li>• Vary the techniques and sequence in relation to the treatment area and client's physical characteristics</li> <li>• Vary the depth, rhythm and pressure of treatment techniques to meet the treatment objectives and client's physical characteristics</li> </ul> |
|  | 2.13. State the contra-actions that may occur during and following treatments and how to respond | <ul style="list-style-type: none"> <li>• Explaining any possible side effects to the treatment</li> <li>• Explaining the avoidance of activities which may cause contra-actions</li> <li>• Feeling tired</li> <li>• Increased micturition</li> <li>• Increased defecation</li> <li>• Healing crisis</li> <li>• Headache</li> <li>• Thirst</li> <li>• Heightened emotions</li> <li>• Skin reactions e.g. erythema</li> <li>• Increase in symptoms</li> <li>• Referral procedures</li> </ul>                                                                                      |
|  | 2.14. Explain the importance of completing the treatment to the satisfaction of the client       | <ul style="list-style-type: none"> <li>• Concluding the treatment in appropriate manner to meet client's needs</li> <li>• Concluding the stone therapy massage treatment in an appropriate and safe manner to meet the client's needs</li> <li>• Ongoing treatments and appropriate intervals</li> </ul>                                                                                                                                                                                                                                                                        |

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|  | 2.15. Explain the importance of completing treatment records                           | <ul style="list-style-type: none"> <li>• Maintaining records</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Future treatment advice</li> <li>• Compliance with current data protection legislation</li> </ul>                                                                                                                                                                                                                                                                                                                                             |
|  | 2.16. Describe the methods of evaluating the effectiveness of the treatment            | <ul style="list-style-type: none"> <li>• Client feedback</li> <li>• Treatment results/effects</li> <li>• Maintaining records for accurate future treatment</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Compliance with current legislation</li> <li>• Concluding the treatment in the correct manner to meet client's requirements</li> <li>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout</li> </ul>                                  |
|  | 2.17. Describe the aftercare advice that should be provided                            | <ul style="list-style-type: none"> <li>• Based upon consultation, body analysis and relevant tests, recommendations for ongoing or further treatments, home and aftercare advice</li> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Smoking habits</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> <li>• Relaxation</li> <li>• Stress levels</li> <li>• Sleep</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Recommendations regarding further treatments and treatment intervals</li> </ul> |
|  | 2.18. Describe the structure, function, position and action of the muscles of the body | <ul style="list-style-type: none"> <li>• Terms <ul style="list-style-type: none"> <li>- Voluntary</li> <li>- Involuntary</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|  |  | <ul style="list-style-type: none"> <li>- Cardiac</li> <li>- Ligament</li> <li>- Tendon</li> <li>- Fascia</li> <li>- Origin</li> <li>- Insertion</li> <li>- Action</li> <li>- Tone</li> <li>- Tension</li> <li>- Fatigue</li> <li>• Actions <ul style="list-style-type: none"> <li>- Flexion</li> <li>- Extension</li> <li>- Abduction</li> <li>- Adduction</li> <li>- Rotation</li> <li>- Supination</li> <li>- Pronation</li> <li>- Dorsiflexion</li> <li>- Plantarflexion</li> <li>- Eversion</li> <li>- Inversion</li> <li>- Circumduction</li> </ul> </li> <li>Muscles of the body <ul style="list-style-type: none"> <li>• Trunk/torso <ul style="list-style-type: none"> <li>- Trapezius</li> <li>- Erector spinae</li> <li>- Splenius capitis</li> <li>- Latissimus dorsi</li> <li>- Serratus anterior</li> <li>- Gluteus maximus</li> <li>- Gluteus medius</li> <li>- Gluteus minimus</li> <li>- Psoas</li> <li>- Pectoralis major and minor</li> <li>- Rectus abdominus</li> <li>- Internal oblique</li> <li>- External oblique</li> <li>- Transversus abdominus</li> </ul> </li> </ul> </li> </ul> |
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|  |  | <ul style="list-style-type: none"> <li>- Rhomboid major and minor</li> <li>- Infraspinatis</li> <li>- Supraspinatis</li> <li>- Teres major</li> <li>- Teres minor</li> <li>- Iliacus</li> <li>- Subscapularis</li> <li>- Quadratus lumborum</li> <li>• Arm <ul style="list-style-type: none"> <li>- Deltoid</li> <li>- Biceps</li> <li>- Triceps</li> <li>- Brachialis</li> <li>- Coraco brachialis</li> <li>- Brachioradialis</li> <li>- Pronator teres</li> <li>- Supinator radii brevis</li> <li>- Flexor carpi radialis</li> <li>- Extensor carpi radialis</li> <li>- Extensor carpi ulnaris</li> <li>- Flexor carpi ulnaris</li> <li>- Flexor carpi digitorum</li> <li>- Extensor carpi digitorum</li> <li>- Muscles of thenar eminence</li> <li>- Muscles of hypothenar eminence</li> </ul> </li> <li>• Leg/thigh <ul style="list-style-type: none"> <li>- Quadriceps <ul style="list-style-type: none"> <li>▪ Rectus femoris</li> <li>▪ Vastus lateralis</li> <li>▪ Vastus medialis</li> <li>▪ Vastus intermedius</li> </ul> </li> <li>- Hamstrings <ul style="list-style-type: none"> <li>▪ Biceps femoris</li> <li>▪ Semimembranosus</li> <li>▪ Semitendinosus</li> </ul> </li> <li>- Adductor longus</li> <li>- Adductor magnus</li> <li>- Adductor brevis</li> <li>- Gracilis</li> </ul> </li> </ul> |
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|  |                                                                              | <ul style="list-style-type: none"> <li>- Sartorius</li> <li>- Piriformis</li> <li>- Gluteus maximus</li> <li>- Gluteus medius</li> <li>- Gluteus minimus</li> <li>• Lower leg               <ul style="list-style-type: none"> <li>- Gastrocnemius</li> <li>- Tibialis anterior</li> <li>- Peroneus longus</li> <li>- Flexor digitorum longus</li> <li>- Extensor digitorum longus</li> <li>- Soleus</li> <li>- Extensor hallucis longus</li> </ul> </li> <li>• Face, neck and scalp               <ul style="list-style-type: none"> <li>- Orbicularis oculi</li> <li>- Orbicularis oris</li> <li>- Masseter</li> <li>- Buccinator</li> <li>- Levator anguli oris</li> <li>- Levator labii superioris</li> <li>- Depressor anguli oris</li> <li>- Depressor labii inferioris</li> <li>- Depressor labii oris</li> <li>- Mentalis</li> <li>- Zygomaticus</li> <li>- Temporalis</li> <li>- Nasalis</li> <li>- Procerus</li> <li>- Corrugator</li> <li>- Frontalis</li> <li>- Occipitalis</li> <li>- Pterygoids</li> <li>- Triangularis</li> <li>- Trapezius</li> <li>- Platysma</li> <li>- Sternocleidomastoid</li> </ul> </li> </ul> |
|  | 2.19. Describe the location, function and structure of the bones of the body | <ul style="list-style-type: none"> <li>• Functions               <ul style="list-style-type: none"> <li>- Support framework</li> <li>- Provides attachments for muscles</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|  |  | <ul style="list-style-type: none"> <li>- Forms joints to provide movement</li> <li>- Forms erythrocytes in the bone marrow</li> <li>- Stores calcium</li> <li>- Protection</li> <li>• Types of bone <ul style="list-style-type: none"> <li>- Long</li> <li>- Short</li> <li>- Flat</li> <li>- Irregular</li> <li>- Sesamoid</li> </ul> </li> <li>• Types of joints</li> <li>• Fixed <ul style="list-style-type: none"> <li>- Slightly moveable</li> <li>- Freely moveable</li> <li>- Ball and socket</li> <li>- Hinge</li> <li>- Pivot</li> <li>- Gliding</li> <li>- Saddle</li> </ul> </li> <li>• Cranium <ul style="list-style-type: none"> <li>- Parietal</li> <li>- Frontal</li> <li>- Ethmoid</li> <li>- Sphenoid</li> <li>- Occipital</li> <li>- Temporal</li> </ul> </li> <li>• Facial <ul style="list-style-type: none"> <li>- Nasal</li> <li>- Zygomatic</li> <li>- Maxilla</li> <li>- Lacrimal</li> <li>- Turbinator</li> <li>- Palatine</li> <li>- Mandible</li> <li>- Vomer</li> <li>- Hyoid</li> </ul> </li> <li>• Vertebrae <ul style="list-style-type: none"> <li>- Cervical</li> <li>- Thoracic</li> </ul> </li> </ul> |
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|  |  | <ul style="list-style-type: none"> <li>- Lumbar</li> <li>- Sacrum</li> <li>- Coccyx</li> <li>• Shoulder girdle <ul style="list-style-type: none"> <li>- Scapula</li> <li>- Clavicle</li> </ul> </li> <li>• Thoracic cage <ul style="list-style-type: none"> <li>- Ribs</li> <li>- Sternum</li> </ul> </li> <li>• Pelvic girdle <ul style="list-style-type: none"> <li>- Innominate bones <ul style="list-style-type: none"> <li>▪ Ischium</li> <li>▪ Ilium</li> <li>▪ Pubis</li> </ul> </li> </ul> </li> <li>• Upper limb <ul style="list-style-type: none"> <li>- Humerus</li> <li>- Ulna</li> <li>- Radius</li> <li>- Carpals <ul style="list-style-type: none"> <li>▪ Scaphoid</li> <li>▪ Lunate</li> <li>▪ Triquetral</li> <li>▪ Pisiform</li> <li>▪ Trapezium</li> <li>▪ Trapezoid</li> <li>▪ Capitate</li> <li>▪ Hamate</li> </ul> </li> <li>- Metacarpals</li> <li>- Phalanges</li> </ul> </li> <li>• Lower limb <ul style="list-style-type: none"> <li>- Femur</li> <li>- Tibia</li> <li>- Fibula</li> <li>- Patella</li> <li>- Tarsals <ul style="list-style-type: none"> <li>▪ Talus</li> <li>▪ Calcaneus</li> <li>▪ Navicular</li> <li>▪ Cuneiforms (medial, intermediate, lateral)</li> </ul> </li> </ul> </li> </ul> |
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|  |                                                                                                | <ul style="list-style-type: none"> <li>▪ Cuboid</li> <li>- Metatarsals</li> <li>- Phalanges</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|  | 2.20. Describe the structure and function of the circulatory and lymphatic systems of the body | <ul style="list-style-type: none"> <li>• Cardiovascular system:</li> <li>• Cells <ul style="list-style-type: none"> <li>- Erythrocytes</li> <li>- Leucocytes</li> <li>- Thrombocytes</li> <li>- Plasma and plasma proteins</li> <li>- Platelets</li> </ul> </li> <li>Vessels <ul style="list-style-type: none"> <li>- Arteries</li> <li>- Arterioles</li> <li>- Veins</li> <li>- Venules</li> <li>- Capillaries</li> <li>- Superior vena cava</li> <li>- Aortic arch</li> <li>- Inferior vena cava</li> <li>- Aorta</li> </ul> </li> <li>Heart <ul style="list-style-type: none"> <li>- Right atrium</li> <li>- Right ventricle</li> <li>- Left atrium</li> <li>- Left ventricle</li> <li>- Septum</li> <li>- Pulmonary valve</li> <li>- Pulmonary artery</li> <li>- Pulmonary veins</li> <li>- Mitral (bicuspid) valve</li> <li>- Tricuspid valve</li> <li>- Endocardium</li> <li>- Myocardium</li> <li>- Pericardium</li> </ul> </li> <li>• Blood pressure and pulse</li> <li>• Lymphatic system: <ul style="list-style-type: none"> <li>- Lymphatic capillaries</li> <li>- Lymphatic vessels</li> </ul> </li> </ul> |

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|  |                                                                                     | <ul style="list-style-type: none"> <li>• Thoracic duct</li> <li>• Right lymphatic duct <ul style="list-style-type: none"> <li>- Lymphatic nodes</li> <li>- Lymphatic ducts</li> <li>- Lymphatic tissue: <ul style="list-style-type: none"> <li>▪ Spleen</li> <li>▪ Lymph nodes</li> <li>▪ Tonsils</li> <li>▪ Peyer's Patches</li> <li>▪ Appendix</li> </ul> </li> </ul> </li> <li>• Lymph nodes: <ul style="list-style-type: none"> <li>- Anterior auricular</li> <li>- Posterior auricular</li> <li>- Occipital</li> <li>- Superficial and deep cervical</li> <li>- Submandibular</li> <li>- Axillary</li> <li>- Supratrochlear</li> <li>- Inguinal</li> <li>- Popliteal</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                         |
|  | 2.21. Describe the physical and psychological effects of hot and cold stone therapy | <ul style="list-style-type: none"> <li>• Physical effects of hot stones to include: <ul style="list-style-type: none"> <li>- Stimulation of circulatory, lymphatic, respiratory and nervous systems</li> <li>- Stimulation of elimination processes</li> <li>- Increased microcirculation stimulating the metabolic rate</li> <li>- Relaxed and improved muscle tone with reduction in tension</li> <li>- Increased flexibility and joint mobility</li> </ul> </li> <li>• Physical effects of cold stones to include: <ul style="list-style-type: none"> <li>- Vasoconstriction and reduction of microcirculation to cool and soothe</li> <li>- Reduction of sensitivity</li> <li>- Reduction in production of histamine</li> <li>- Decongesting</li> <li>- Pain reducing</li> <li>- Tightening and firming effect on skin</li> </ul> </li> <li>• Psychological effects to include: <ul style="list-style-type: none"> <li>- Relaxing and calming</li> </ul> </li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>- Uplifting and emotionally re-balancing</li> <li>- Elimination of negativity and increased general wellbeing</li> <li>- Re-energising</li> <li>• Effects on the following systems: <ul style="list-style-type: none"> <li>- Circulatory</li> <li>- Lymphatic</li> <li>- Nervous</li> <li>- Skin</li> <li>- Muscular</li> <li>- Skeletal</li> <li>- Endocrine</li> <li>- Respiratory</li> </ul> </li> </ul> |
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## Assessment

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| Portfolio of evidence containing: <ul style="list-style-type: none"> <li>• Evidence of treating 4 clients with stone therapy massage and the outcomes documented.</li> </ul> | <p>Evidence of 4 Treatments to include:</p> <ul style="list-style-type: none"> <li>• Consultation including medical history</li> <li>• Treatment details</li> <li>• After/Homecare advice</li> <li>• Learner and Client signature</li> <li>• Treatment date</li> </ul> <p>Treatment evidence must be evidenced through the use of signed and dated treatment evidence forms. See <a href="http://www.vtctskills.org.uk">www.vtctskills.org.uk</a> for sample form. These will be internally assessed by the college lecturer and verified by the external examiner (if sampled).</p> |
| MCQ                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Practical examination                                                                                                                                                        | All candidates will be examined via a practical examination of their technical skills and treatments techniques. Practical assessment forms and marking criteria may be downloaded from <a href="http://www.vtctskills.org.uk">www.vtctskills.org.uk</a>                                                                                                                                                                                                                                                                                                                             |

## 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 students 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      | 25/09/2019 | First published | Qualifications and Regulation Co-ordinator |
| v2      | 17/06/2026 | Rebranding      | Development Administrator                  |