

iUBT348 – Swedish massage

URN – Y/617/4279

Guided Learning Hours: 60

Learning outcome	Assessment criteria	Taught content to include
LO1 Know the history and development of Swedish (classical) massage	1.1. Explain the history of the development of Swedish (classical) massage	• China 3000BC • Japanese shiatsu • Indian Ayurvedic medicine • The Greeks • The Romans • Per Henrik Ling • Physiotherapy • Present day
LO2 Be able to carry out a consultation and recognise common ailments and contra-indications to treatment	2.1. Explain and demonstrate the importance of communicating with the client tactfully and accurately	• A sample consultation form can be downloaded from www.vtctskills.org.uk • Taking into account the following: - Private comfortable area - Positive body language - Positioning of the client (no barriers between themselves and client) - Good communication skills - Use of open and/or closed questions where appropriate - Trust - Professionalism, confidence and enthusiasm - Confidentiality - Informed consent - Any contra-indications to treatment - Client lifestyle - Client profile

		- Importance of planning a treatment programme taking into account the client's cultural, religious, moral and social beliefs, age, disability and gender - Compliance with current data protection regulations
	2.2. Explain and recognise common ailments and contra-indications to massage with reasons	• With medical, GP or specialist permission – in circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP or specialist - 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

		- Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissue (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 - Anaphylaxis - Body piercing
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LO3 Be able to carry out a Swedish massage treatment	3.1. Explain and demonstrate appropriate client care	• Ensure all surfaces are lined with couch roll • Wipe couch and trolley with sanitiser at the end of each day • Checking consultation and contra-indications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged • Cleanse client's feet with sanitiser • Wash own hands
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		• Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees and head • Adapt the massage techniques to suit the needs of the client • Remove the massage medium at the end of the treatment • Help the client off the couch, protecting their modesty at all times • Ensure client does not stand on floor with bare feet
	3.2. Explain, select and demonstrate the appropriate medium for the treatment and the client's skin type	• Mediums available should be oil (not mineral oil), cream, powder (unperfumed) • The effects and benefits of each should be known • Ensuring the massage medium is removed at the end of the treatment (if appropriate)
	3.3. Demonstrate the classical massage movement and explain the physiological and psychological effects and the areas to be treated	• Effleurage • Petrissage – kneading • Frictions • Tapotement including hacking, cupping, beating, pounding • Vibrations • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the client's needs • Front and back of leg • Feet • Abdomen • Arms and hands • Shoulders and décolleté • Back • Gluteals
LO4 Know the effect of massage on the body systems	4.1. Explain the structures to be worked over and the effects of massage on each	• Muscular system • Cardiovascular system • Lymphatic system • Nervous system • Skin

LO5 Be able to give aftercare and home care advice	5.1. Explain contra-actions/reactions to treatment	• Feeling tired • Micturition • Extreme erythema • Extreme hyperaemia • Allergic reaction to products
	5.2. Explain the importance of giving appropriate aftercare/home care advice after treatment	• Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • Avoid activities which might cause contra-actions • Recommendation for further treatments and treatment frequency • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing • Helping clients and their families to put their choices into action
LO6 Be able to evaluate and review the massage treatment/programme	6.1. Evaluate and review the treatment	• Record and store in line with current data protection legislation and professional codes of conduct

Assessment

Portfolio of evidence containing:

- 3 treatment evidence
 - Treating 3 clients on 3 different occasions for each client

Practical examination

MCQ

These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include:

- 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	17/06/2026	Rebranding	Development Administrator