

# iUCT24 – Provide body massage for complementary therapies

URN – F/617/4339

**Guided Learning Hours: 112**

| Learning outcome                                  | Assessment criteria                                                                                              | Taught content to include                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| LO1 Be able to prepare for body massage treatment | 1.1. Prepare self, client and work area in accordance with current legislation and working practice requirements | <ul style="list-style-type: none"> <li>• Treatment environment and working area <ul style="list-style-type: none"> <li>- Quiet, clean and hygienic working surroundings</li> <li>- The most efficient form of sterilisation and sanitisation in the clinic</li> <li>- The best form of waste removal in the clinic (particularly when contaminated)</li> <li>- Provide sufficient professional equipment and products to perform the treatment fully</li> <li>- Establish suitable couch and trolley layout</li> <li>- The importance of room layout and ambience</li> </ul> </li> <li>• Therapist appearance/behaviour <ul style="list-style-type: none"> <li>- Demonstrate appropriate attire – professional work wear, full, flat shoes, socks with trousers, natural tights with skirts, no visible underskirts/underwear, no jewellery - except a wedding band and stud earrings, short, clean fingernails with no enamel</li> <li>- Demonstrate good personal hygiene</li> <li>- No body odour</li> <li>- No bad breath</li> <li>- No perfume</li> <li>- No chewing of gum or sucking of sweets</li> <li>- Hair neat, clean and tied back – not on the collar or face</li> <li>- Wash own hands before, during and after treatment (as appropriate)</li> <li>- Punctuality</li> <li>- Only working within own scope of practice</li> <li>- Do not make false claims</li> </ul> </li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>- Do not discuss other salons/clinics</li> <li>- Do not diagnose</li> <li>• Client care/preparation <ul style="list-style-type: none"> <li>- Remove all jewellery - except wedding band on client</li> <li>- Help the client on to the couch prior to and off the couch after treatment</li> <li>- Protect the client's modesty at all times</li> <li>- Ensure that all parts of the client are covered except the area being massaged</li> <li>- Sanitise the client's hands/feet before and after treatment</li> <li>- Ensure that the client is comfortable with the use of appropriate covered supports, e.g., under the ankles, chest and forehead, knees, head</li> </ul> </li> <li>• Legislation and working practices <ul style="list-style-type: none"> <li>- Any particular rights, restrictions, acts and charters applicable to massage treatment e.g., <ul style="list-style-type: none"> <li>▪ Health and Safety at Work Act</li> <li>▪ General Products Safety Regulations</li> <li>▪ Cosmetic Products (Safety) Regulations</li> <li>▪ Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>▪ Advertising standards</li> </ul> </li> <li>- Legal framework relating to people and settings with which the practitioner is involved, e.g., Mental Health Act, Children Act</li> <li>- Moral rights which are not recognised by law</li> <li>- Organisational policies and how they may differ from other organisations (when working in care)</li> <li>- Any relevant complaints systems and methods of access (when working in care)</li> <li>- Records which the practitioner is responsible for completing in relation to rights and responsibilities</li> <li>- Code of good practice/ethics</li> <li>- Insurance and professional association membership</li> <li>- Legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working</li> <li>- Awareness of national occupational standards and voluntary regulatory groups where they exist</li> </ul> </li> </ul> |
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|  | <p>1.2. Consult with clients to identify factors that may influence treatment objectives</p> | <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>• Learners should demonstrate knowledge of the importance of the following: <ul style="list-style-type: none"> <li>- Consulting in a private, comfortable area</li> <li>- Positive body language</li> <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> <li>- Trust</li> <li>- Professionalism, confidence and enthusiasm</li> <li>- Ascertaining client lifestyle and medical history</li> <li>- Client profile</li> <li>- Client disclosure</li> <li>- Professionally informing the client of restrictions to treatments e.g., contra-indications</li> <li>- Ensuring the client is not alarmed in any way, explain potential reactions/contra-actions to treatment</li> <li>- Outline the benefits of the treatment</li> <li>- Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs</li> <li>- Determining the nature and extent of the client's needs in respect of presenting conditions e.g., <ul style="list-style-type: none"> <li>▪ Psychological and physiological state</li> <li>▪ Emotional issues</li> <li>▪ Muscular/postural problems</li> <li>▪ Chronic illness etc...</li> </ul> </li> <li>- Client expectations</li> <li>- Agreement to the course of action and treatment methods advised</li> <li>- Selection and documentation of treatment media</li> <li>- Ascertain the client's consent to the treatment</li> <li>- Where the client is not in a position themselves, ascertain the appointed companion's agreement to the treatment</li> <li>- Explanation as to how the programme will be evaluated and the review process</li> </ul> </li> </ul> |
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|  |                                                                                           | <ul style="list-style-type: none"> <li>- Where applicable, clarify with the client information which may be available to others, e.g. relevant health care workers</li> <li>- Confidentiality</li> <li>- Agree treatment objectives and recommended treatment plan</li> <li>- Costs</li> <li>- Time restrictions</li> <li>- Obtain the client's signature (or that of the appointed companion)</li> </ul>                                                                                                                                                                                                                                                                                                                        |
|  | 1.3. Provide clear recommendations to the client based on the outcome of the consultation | <ul style="list-style-type: none"> <li>• The outcome of the consultation</li> <li>• Client requirements</li> <li>• Treatment recommendations e.g., <ul style="list-style-type: none"> <li>- Suitable treatment programme</li> <li>- Client referral</li> <li>- Treatment adaptation</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | 1.4. Select materials 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>• Couch cover</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid/sanitiser</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Mediums – oil (not mineral oil), cream, powder (unperfumed) emulsion, gel, natural wax, balm</li> <li>• The effects and benefits of each medium should be known</li> </ul> |

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|  | 1.5. Describe the requirements for preparing self, client and work area for body massage treatment | <ul style="list-style-type: none"> <li>• Any particular rights, restrictions and acts applicable to body massage treatment</li> <li>• Code of practice/ethics</li> <li>• Insurance</li> <li>• Professional association membership</li> <li>• Record keeping</li> <li>• Professional appearance</li> </ul>                                                                                                                                                                                                                                      |
|  | 1.6. Describe the environmental conditions suitable for body massage treatment                     | <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> <li>• Safety aspects</li> </ul>                                                                                                                                                           |
|  | 1.7. Describe the objectives and possible benefits of body massage treatment                       | <ul style="list-style-type: none"> <li>• Meeting client needs and expectations e.g., <ul style="list-style-type: none"> <li>- Relaxation</li> <li>- Invigoration</li> <li>- Stress relief</li> <li>- Tension relief</li> <li>- Improved skin conditions</li> <li>- Improved sleep patterns</li> <li>- Reduction in pain</li> <li>- Injury prevention</li> <li>- Improved range of movement and flexibility</li> <li>- Improvement in circulation, muscle and joint stiffness</li> <li>- Improvement in bodily functions</li> </ul> </li> </ul> |
|  | 1.8. Explain the contra-indications to body massage treatment                                      | <ul style="list-style-type: none"> <li>• Differentiating between those contra-indications to body massage requiring referral or the client to sign an informed consent form prior to the treatment, and those contra-indications that restrict treatment</li> </ul>                                                                                                                                                                                                                                                                            |

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|  |  | <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 have 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"> <li>- Pregnancy</li> <li>- Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or another complementary therapy 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>- Any dysfunction of the nervous system (e.g., Multiple sclerosis, Parkinson's disease, Motor neurone disease)</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>- Cervical spondylitis</li> <li>- Conditions causing muscular spasticity (e.g. cerebral palsy)</li> <li>- Kidney infections</li> <li>- Whiplash</li> <li>- Slipped disc</li> <li>- Undiagnosed pain</li> <li>- When taking prescribed medication</li> <li>- Acute rheumatism</li> </ul> </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> </ul> </li> </ul> |
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|  |                                                                                                          | <ul style="list-style-type: none"> <li>- Diarrhoea and/or vomiting</li> <li>- Skin diseases</li> <li>- Undiagnosed lumps and bumps</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>- Menstruation (abdomen - first few days)</li> <li>- Haematoma</li> <li>- Hernia</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Gastric ulcers</li> <li>- After a heavy meal</li> <li>- Conditions affecting the neck</li> </ul>                                                                                                                                    |
|  | 1.9. Describe the influencing factors that need to be considered when carrying out a client consultation | <ul style="list-style-type: none"> <li>• Consultation environment</li> <li>• Current health</li> <li>• Current treatment programme</li> <li>• Client requirements/expectations</li> <li>• Client disclosure</li> <li>• Conditions for which massage is appropriate</li> <li>• Where massage may be used with caution/with modifications to treatment and techniques</li> <li>• Where massage is contra-indicated</li> <li>• Only working within the realms of their own scope of practice and expertise as a body massage therapist</li> <li>• Only recommending treatments which are relevant and appropriate to the client</li> <li>• Client suitability e.g., young, elderly, pregnant, healthy, infirm etc.</li> <li>• Clinical observations of the client</li> <li>• Importance of obtaining consent from the client</li> </ul> |

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|  |                                                                                           | <ul style="list-style-type: none"> <li>• Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves)</li> <li>• The issue of consent and the ways in which it may differ between various practitioners</li> <li>• The meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent</li> <li>• Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgment</li> <li>• Ensure that agreements are in the client's best interests</li> <li>• Ensure that client or appointed companion signs the consultation form to consent to treatment</li> </ul> |
|  | 1.10. Explain the reasons why the client may be referred to a healthcare practitioner     | <ul style="list-style-type: none"> <li>• Where massage is contra-indicated</li> <li>• Where massage is inappropriate</li> <li>• Demonstration of the understanding of when a client should be referred to either: <ul style="list-style-type: none"> <li>- GP</li> <li>- Counsellor</li> <li>- Other complementary therapist</li> <li>- Member of the social care or nursing team (when working in care)</li> <li>- Other voluntary or statutory services e.g., Social services, Citizens Advice Bureau etc.</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                            |
|  | 1.11. Describe the employer's and employee's health, safety and security responsibilities | <ul style="list-style-type: none"> <li>• The health, safety and security roles and responsibilities of employers and employees</li> <li>• Ensuring that all staff are appropriately trained and have knowledge of required legislation</li> <li>• Key staff roles and responsibilities</li> <li>• First aid</li> <li>• Fire safety</li> <li>• Accident reporting</li> <li>• Electrical safety</li> <li>• Control of Substances Hazardous to Health (COSHH) – data sheets</li> <li>• Risk assessment/management</li> <li>• Security procedures</li> </ul>                                                                                                                                                                                                                                                                                       |



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|  |  | <ul style="list-style-type: none"> <li>• Data protection</li> <li>• Handling emergencies in the work environment</li> <li>• The policies and procedures undertaken to ensure a healthy, safe and secure working environment in a therapy setting</li> </ul> |
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| LO2 Be able to provide body massage treatment | 2.1. Communicate and behave in a professional manner                                     | <ul style="list-style-type: none"> <li>• Checking consultations and contra-indications</li> <li>• Explaining the treatment to the client</li> <li>• Benefits, limitations and co-operation required</li> <li>• Confirming consent before treatment</li> <li>• Using clean towels for each client</li> <li>• Helping the client on to the couch prior to and off the couch after 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> <li>• Ensuring that all parts of the client are covered except the area being treated</li> <li>• Ensuring that the client is comfortable by use of verbal and non-verbal communication throughout the treatment</li> <li>• Using appropriate covered supports, i.e., under the chest and forehead, ankles, knees, head</li> <li>• Selecting and applying appropriate treatment media in a safe and hygienic manner</li> <li>• Adapting the treatment techniques to suit the needs of the client</li> <li>• Ensuring client does not stand or walk around barefoot</li> <li>• Client care</li> <li>• Communication</li> <li>• Body massage therapist maintaining correct working posture/stance, hygiene and a professional approach throughout treatment</li> </ul> |
|                                               | 2.2. Position self and client for the treatment to ensure privacy, comfort and wellbeing | <ul style="list-style-type: none"> <li>• Positioning and support of the client</li> <li>• Client modesty and comfort</li> <li>• Body massage therapist working posture/stance</li> <li>• Application of the treatments</li> <li>• Body massage therapist self-care</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|  | 2.3. Use working methods that meet professional, legal and organisational requirements                                                       | <ul style="list-style-type: none"> <li>• Safe and hygienic working methods relating to any rights, restrictions and acts applicable to massage treatment</li> <li>• Working within codes of conduct/practice laid down by professional association/society/guild to perform professional massage treatment</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | 2.4. Identify skin types, characteristics, general body types and common postural faults                                                     | <ul style="list-style-type: none"> <li>• Skin types and characteristics <ul style="list-style-type: none"> <li>- Mature</li> <li>- Young</li> <li>- Combination</li> <li>- Dry</li> <li>- Oily</li> <li>- Sensitive</li> <li>- Dehydrated</li> </ul> </li> <li>• Client characteristics <ul style="list-style-type: none"> <li>- Gender</li> <li>- Age</li> </ul> </li> <li>• Body Types <ul style="list-style-type: none"> <li>- Mesomorph</li> <li>- Ectomorph</li> <li>- Endomorph</li> </ul> </li> <li>• Postural faults <ul style="list-style-type: none"> <li>- Dowager's hump</li> <li>- Round shoulders</li> <li>- Winged scapulae</li> <li>- Midriff bulge</li> <li>- Protruding abdomen</li> <li>- Hyper-extended knees</li> <li>- Fluid retention</li> <li>- Weight distribution</li> <li>- Poor muscle tone</li> <li>- Kyphosis</li> <li>- Lordosis</li> <li>- Scoliosis</li> </ul> </li> </ul> |
|  | 2.5. Perform and adapt body massage treatment using materials, equipment and techniques correctly and safely to meet the needs of the client | <ul style="list-style-type: none"> <li>• Checking consultations and contra-indications</li> <li>• Explaining the treatment to the client</li> <li>• Ensuring the client is correctly supported i.e., under the chest, neck, knees and ankles, as required</li> <li>• Using towels to cover all areas except those being massaged</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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|  |  | <ul style="list-style-type: none"> <li>• Using clean towels for each client and using couch roll in addition to towels to maintain hygiene</li> <li>• Confirming consent before beginning treatment</li> <li>• Selecting suitable massage medium in a safe and hygienic manner</li> <li>• Sanitising the client's feet and/or hands</li> <li>• Washing own hands</li> <li>• Demonstrating an awareness of treatment adaptations relevant to client's physiological and physical requirements</li> <li>• Performing full body massage treatment in commercially acceptable time, approximately 1 hour duration – to cover: <ul style="list-style-type: none"> <li>- Back</li> <li>- Abdomen</li> <li>- Legs</li> <li>- Feet</li> <li>- Arms</li> <li>- Hands</li> <li>- Head</li> <li>- Scalp</li> <li>- Neck and shoulders</li> <li>- Face</li> </ul> </li> <li>• Movements should be performed correctly and on areas appropriate for the movement e.g., effleurage, petrissage, percussion, frictions, vibrations, passive movements</li> <li>• Maintaining contact throughout treatment</li> <li>• Maintaining professional working posture whilst performing treatment</li> <li>• Adapting the treatment relevant to the client's physiological and physical requirements, abilities, disabilities, time restrictions etc. – e.g., client positioning (prone, supine, seated), treatment methods</li> <li>• Applying the massage at a pressure appropriate to the client's needs</li> <li>• Checking client satisfaction and comfort throughout treatment with the use of verbal and non-verbal communication</li> <li>• Noting client's reactions and making appropriate adjustments during treatment</li> <li>• Encouraging clients to express their feelings/requirements during the treatment</li> </ul> |
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|  |                                                                                             | <ul style="list-style-type: none"> <li>• Noting client's reactions and any findings/feedback at end of treatment</li> <li>• Removing the massage medium at the end of the treatment if appropriate</li> <li>• Helping the client on and off the couch, protecting their modesty at all times, ensuring they do not walk around barefoot</li> <li>• Working within code of conduct laid down by professional association/society/guild to perform professional massage treatment</li> </ul> |
|  | 2.6. During treatment locate underlying body structures                                     | <ul style="list-style-type: none"> <li>• Skin (integumentary)</li> <li>• Skeletal</li> <li>• Muscular</li> <li>• Nervous</li> <li>• Respiratory</li> <li>• Cardiovascular</li> <li>• Lymphatic</li> <li>• Endocrine</li> <li>• Digestive</li> <li>• Reproductive</li> <li>• Urinary</li> </ul>                                                                                                                                                                                             |
|  | 2.7. Complete treatment to the satisfaction of the client in a commercially acceptable time | <ul style="list-style-type: none"> <li>• Performing the treatment in a commercially acceptable time - approximately 1 hour for a full treatment</li> <li>• Checking client's comfort and satisfaction throughout treatment with the use of verbal and non-verbal communication</li> <li>• Concluding the treatment in appropriate manner to meet client's needs</li> <li>• Noting client's reactions and any findings/feedback at end of treatment</li> </ul>                              |
|  | 2.8. Evaluate the results of treatment                                                      | <ul style="list-style-type: none"> <li>• At the end of each treatment the client's psychological and physiological reactions should be recorded on the consultation form</li> <li>• Outcomes achieved</li> <li>• Effectiveness of the treatment</li> <li>• Re-assessing choice of massage media used, treatment techniques</li> <li>• Any change in demands e.g., physiological or psychological changes</li> </ul>                                                                        |

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|  |                                                      | <ul style="list-style-type: none"> <li>• Whether the treatment met the needs of the client – client expectations</li> <li>• Longer term needs of the client (e.g., when working in a care environment, with those dealing with bereavement and loss etc.)</li> <li>• Therapist self-reflection in relation to client and treatment performed</li> <li>• Client treatment progression</li> <li>• Review of ongoing treatment plan</li> <li>• Recommendations for further treatment sessions/re-booking</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|  | 2.9. Provide suitable aftercare and home care advice | <ul style="list-style-type: none"> <li>• Immediate aftercare</li> <li>• Allowing client time to revive</li> <li>• Sitting client up carefully</li> <li>• Water</li> <li>• Feedback</li> <li>• At the end of each treatment the client should be advised of home and aftercare to prolong treatment benefits <ul style="list-style-type: none"> <li>○ Avoid stimulants – alcohol, tea, coffee and non-prescription drugs for at least 12 hours</li> <li>○ Healthy eating for well being</li> <li>○ Fluid/water intake</li> <li>○ Exercise for general health</li> <li>○ Posture</li> <li>○ Smoking habits</li> <li>○ Sleep patterns</li> <li>○ Hobbies</li> <li>○ Interests</li> <li>○ Rest</li> <li>○ Time management</li> <li>○ Relaxation techniques</li> <li>○ Stress levels</li> <li>○ Self-massage</li> <li>○ The use of heat and cold, e.g., compresses</li> </ul> </li> <li>• Massage as part of a holistic lifestyle</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Generally helping clients and families to identify options to improve their health and social well-being in terms of massage treatment</li> <li>• Helping clients and families put their choices into action</li> </ul> |

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|  |                                                                                                                                        | <ul style="list-style-type: none"> <li>• Reviewing their progress</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|  | 2.10. Record treatment accurately and store information securely in line with current legislation                                      | <ul style="list-style-type: none"> <li>• At the end of each treatment the client's feedback should be recorded on the consultation form and any skin, muscular or other reactions noted together with massage therapist's observations and recommendations for ongoing treatment and self-treatment – these should be documented fully</li> <li>• Record and store in line with current data protection legislation and professional codes of conduct</li> </ul>                                                                                                                                                                                                                                                |
|  | 2.11. Describe the history, philosophy and role of massage therapy and its relationship to other massage traditions                    | <ul style="list-style-type: none"> <li>• China 3000BC</li> <li>• Japanese shiatsu</li> <li>• Indian Ayurvedic medicine</li> <li>• The Greeks</li> <li>• The Romans</li> <li>• Per Henrik Ling – Swedish massage</li> <li>• Physiotherapy</li> <li>• Present day</li> <li>• Ongoing research and development</li> <li>• Other massage traditions to include: <ul style="list-style-type: none"> <li>- Acupressure</li> <li>- Aromatherapy massage</li> <li>- Physiotherapy</li> <li>- Indian head massage</li> <li>- Infant and child massage</li> <li>- Lymphatic drainage massage</li> <li>- Thai massage</li> <li>- Shiatsu</li> <li>- Stone therapy massage</li> <li>- Sports massage</li> </ul> </li> </ul> |
|  | 2.12. Explain the uses of the classical massage movements and the possible psychological and physiological effects on the body systems | <ul style="list-style-type: none"> <li>• Effleurage e.g., deep and superficial, feathering, stroking, draining</li> <li>• Petrissage e.g., kneading, wringing, pulling, knuckling, pressures, frictions</li> <li>• Percussion e.g., hacking, cupping, beating, pounding, tapotement</li> <li>• Vibrations e.g., shaking, fine vibration</li> <li>• Passive massage movements</li> <li>• The physiological, psychological, mechanical and reflex effects of massage movements on body systems as applicable to include: <ul style="list-style-type: none"> <li>- Skin (integumentary)</li> </ul> </li> </ul>                                                                                                     |

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|  |                                                                                                             | <ul style="list-style-type: none"> <li>- Skeletal</li> <li>- Muscular</li> <li>- Nervous</li> <li>- Endocrine</li> <li>- Respiratory</li> <li>- Cardiovascular</li> <li>- Lymphatic</li> <li>- Immune</li> <li>- Digestive</li> <li>- Urinary</li> <li>- Reproductive</li> </ul> <ul style="list-style-type: none"> <li>• The effects of stress on the systems of the body and how massage can help to relieve the symptoms to include: <ul style="list-style-type: none"> <li>- Skin (integumentary)</li> <li>- Skeletal</li> <li>- Muscular</li> <li>- Nervous</li> <li>- Endocrine</li> <li>- Respiratory</li> <li>- Cardiovascular</li> <li>- Lymphatic</li> <li>- Immune</li> <li>- Digestive</li> <li>- Urinary</li> <li>- Reproductive</li> </ul> </li> </ul> |
|  | 2.13. Explain how body massage techniques can be adapted to suit the individual characteristics of a client | <ul style="list-style-type: none"> <li>• Adapting the treatment and techniques relevant to client's physiological and physical requirements, abilities, disabilities, time restrictions, .e.g.: <ul style="list-style-type: none"> <li>- Client positioning - prone, supine, seated</li> </ul> </li> <li>• Gentle massage in relation to the pregnant woman</li> <li>• The elderly and frail</li> <li>• Children</li> <li>• Terminally ill clients</li> <li>• Clients with sensory/motor/movement disorders</li> <li>• Client preferences and commitment</li> </ul>                                                                                                                                                                                                  |
|  | 2.14. Explain the uses of different media                                                                   | <ul style="list-style-type: none"> <li>• Sources, methods of application</li> <li>• Oil (not mineral oil)</li> <li>• Cream</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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|  |                                                                                                                  | <ul style="list-style-type: none"> <li>• Powder (unperfumed)</li> <li>• Emulsion</li> <li>• Gel</li> <li>• Natural wax/balm</li> <li>• Effects and benefits of each should be known <ul style="list-style-type: none"> <li>- N.B. blended essential oils should not be used</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                        |
|  | 2.15. Describe safe handling and use of products, materials, tools and equipment                                 | <ul style="list-style-type: none"> <li>• Methods of handling and using products, materials, tools and equipment safely</li> <li>• Sourcing, selection, use and storage of treatment media</li> <li>• Store away from extremes of temperature</li> <li>• Tightly sealed bottles/containers</li> <li>• Out of reach of children</li> <li>• Methods of dealing with breakages/spillages in the treatment environment</li> <li>• Product data sheets</li> <li>• Stock control/rotation</li> <li>• Shelf life of massage media and treatment products</li> <li>• Current legislative controls and guidelines for the use of massage products and the implications for client safety</li> </ul> |
|  | 2.16. Describe the importance of the correct maintenance and storage of products, materials, tools and equipment | <ul style="list-style-type: none"> <li>• Safe working practices</li> <li>• Client and massage therapist health and safety</li> <li>• Risk management</li> <li>• Insurance</li> <li>• Code of practice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | 2.17. Describe the contra-actions that may occur during and following treatment and how to respond               | <ul style="list-style-type: none"> <li>• During treatment <ul style="list-style-type: none"> <li>- Desire to sleep</li> <li>- Perspiring</li> <li>- Flatulence</li> <li>- Micturition</li> <li>- Runny nose</li> <li>- Change in body temperature</li> <li>- Thirst</li> <li>- Reaction to massage media</li> </ul> </li> <li>• After treatment <ul style="list-style-type: none"> <li>- Symptoms exacerbated</li> <li>- Fatigue</li> <li>- Non-specific aches and pains</li> </ul> </li> </ul>                                                                                                                                                                                           |



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|  |                                                                          | <ul style="list-style-type: none"> <li>- Frequent micturition</li> <li>- Frequent bowel movements</li> <li>- Nausea</li> <li>- Break out of spots</li> <li>- Skin reactions</li> <li>- Healing crisis</li> <li>- Increased energy</li> <li>- Relief of symptoms</li> <li>- Improved mood</li> <li>- Altered sleep patterns</li> <li>- Headaches</li> <li>- Increased emotional state</li> <li>- Pain relief</li> <li>- Increased flexibility/movement</li> <li>- Thirst</li> <li>- Increase in pain</li> <li>- Swelling</li> <li>• Response to alleviate contra-actions: <ul style="list-style-type: none"> <li>- Rest</li> <li>- Water</li> <li>- Diet</li> <li>- Additional treatment required</li> <li>- Client referral procedures</li> </ul> </li> </ul> |
|  | 2.18. Explain the aftercare and home care advice that should be provided | <ul style="list-style-type: none"> <li>• Immediate aftercare</li> <li>• Allowing client time to revive</li> <li>• Sitting client up carefully</li> <li>• Water</li> <li>• Feedback</li> <li>• Client requirements/suitability</li> <li>• At the end of each treatment the client should be advised of home and aftercare to prolong treatment benefits <ul style="list-style-type: none"> <li>- Avoid stimulants – alcohol, tea, coffee and non-prescription drugs for at least 12 hours</li> <li>- Healthy eating for well being</li> <li>- Fluid/water intake</li> <li>- Exercise for general health</li> <li>- Posture</li> <li>- Smoking habits</li> </ul> </li> </ul>                                                                                    |

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|  |                                                                     | <ul style="list-style-type: none"> <li>- Sleep patterns</li> <li>- Hobbies</li> <li>- Interests</li> <li>- Rest</li> <li>- Time management</li> <li>- Relaxation techniques</li> <li>- Stress levels</li> <li>- Self-massage</li> <li>- The use of heat and cold, e.g., compresses</li> </ul> <ul style="list-style-type: none"> <li>• Massage as part of a holistic lifestyle</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Generally helping clients and families to identify options to improve their health and social well-being in terms of massage treatment</li> <li>• Helping clients and families put their choices into action</li> <li>• Reviewing their progress</li> </ul>                                                                                                                                                                                                                                                                                                                                |
|  | 2.19. Describe the methods of evaluating effectiveness of treatment | <ul style="list-style-type: none"> <li>• Review of the massage treatment/programme and conclusions from treatment outcomes</li> <li>• At the end of each treatment the client's psychological and physiological reactions should be recorded and the following monitored: <ul style="list-style-type: none"> <li>- Outcomes achieved</li> <li>- Effectiveness of the treatment</li> <li>- Re-assessing choice of treatment media used and treatment techniques</li> <li>- Client feedback</li> <li>- Any change in demands e.g., physiological or physical changes</li> <li>- Whether the treatment met the needs of the client – client expectations</li> <li>- Longer term needs of the client (e.g., when working in a care environment, with those clients dealing with bereavement and loss)</li> <li>- Therapist self-reflection in relation to client and treatment performed</li> <li>- Client treatment progression</li> <li>- Review of ongoing treatment plan</li> <li>- Recommendations for further treatment sessions/re-booking</li> </ul> </li> </ul> |

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| LO3 Be able to reflect upon body massage treatment | 3.1. Reflect on own attitudes, beliefs, interests, priorities and values in relation to personal growth as a massage therapist | <ul style="list-style-type: none"> <li>• Personal attitudes</li> <li>• Personal beliefs</li> <li>• Personal interests</li> <li>• Personal priorities</li> <li>• Personal values</li> <li>• Activities which develop reflective practice and record personal growth <ul style="list-style-type: none"> <li>- Journals</li> <li>- Peer review</li> <li>- Mentoring</li> <li>- Case study work</li> <li>- Reading logs</li> <li>- Portfolio development</li> </ul> </li> </ul>                                                               |
|                                                    | 3.2. Evaluate own knowledge and practice of massage in relation to professional codes of conduct and current working practices | <ul style="list-style-type: none"> <li>• Code of conduct</li> <li>• Current working practices</li> <li>• Current knowledge and skills</li> <li>• Methods of documenting and evaluating own knowledge and practice</li> </ul>                                                                                                                                                                                                                                                                                                              |
|                                                    | 3.3. Identify own strengths and weaknesses in order to best serve self and client                                              | <ul style="list-style-type: none"> <li>• SWOT analysis (strengths, weaknesses, opportunities, threats)</li> <li>• Professional skills</li> <li>• Life skills</li> <li>• Natural abilities</li> <li>• Attributes</li> <li>• Qualities</li> <li>• Personal development</li> <li>• Professional development</li> </ul>                                                                                                                                                                                                                       |
|                                                    | 3.4. Describe the basic elements of reflective practice                                                                        | <ul style="list-style-type: none"> <li>• Reflective practice and its relevance for the body massage therapist</li> <li>• Theories of reflective practice to include: <ul style="list-style-type: none"> <li>- Models of reflection – for example: <ul style="list-style-type: none"> <li>▪ Bolton</li> <li>▪ Gibbs</li> <li>▪ Johns</li> <li>▪ Kolb</li> <li>▪ Schon</li> </ul> </li> </ul> </li> <li>• Activities which develop reflective practice to include: <ul style="list-style-type: none"> <li>- Journals</li> </ul> </li> </ul> |

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|  |                                                                                           | <ul style="list-style-type: none"> <li>- Peer review</li> <li>- Mentoring</li> <li>- Review of client feedback</li> <li>- Case study work</li> <li>- Reading logs</li> <li>- Portfolio development</li> </ul>                                                                                                                                                                                                                                   |
|  | 3.5. Describe how own self-awareness impacts on personal and professional life            | <ul style="list-style-type: none"> <li>• Self-reflection</li> <li>• Self-awareness</li> <li>• Personal development</li> <li>• Personal action planning</li> <li>• Professional development</li> <li>• Professional action planning</li> <li>• Goal setting</li> <li>• Future vision</li> </ul>                                                                                                                                                  |
|  | 3.6. Identify lifelong learning opportunities to plan for self-development                | <ul style="list-style-type: none"> <li>• Personal plans for Continuous Professional Development (CPD)</li> <li>• Courses undertaken/to be taken</li> <li>• Awareness of National Occupational Standards (NOS) and ongoing research and developments in massage therapy</li> </ul>                                                                                                                                                               |
|  | 3.7. Describe how to record evidence of own knowledge and practical experience            | <ul style="list-style-type: none"> <li>• Developing documentation to record case studies, own reflective practice and evidence the role of self-awareness in personal and professional life</li> <li>• Sample consultation forms may be obtained from <a href="http://www.vtctskills.org.uk">www.vtctskills.org.uk</a></li> </ul>                                                                                                               |
|  | 3.8. Explain the importance of acting on own evaluation to improve body massage treatment | <ul style="list-style-type: none"> <li>• Best practice</li> <li>• Personal learning experience</li> <li>• Identification of own strengths and weaknesses</li> <li>• Personal action planning</li> <li>• Goal setting</li> <li>• Evaluation</li> <li>• Development of massage skills</li> <li>• Identification of Continuous Professional Development (CPD) requirements</li> <li>• Life/work balance</li> <li>• Duty of care to self</li> </ul> |

## Assessment

### Practical examination

- All learners will be assessed via a practical examination of their technical skills and treatment techniques

### Portfolio of evidence

- Containing documentary evidence of 36 massage treatments is also required
- These will be internally assessed by the college lecturer and verified by the external examiner (if sampled)

iUCT40 - Pre-examination assessment forms and marking criteria may be downloaded from [www.vtctskills.org.uk](http://www.vtctskills.org.uk)

### Case studies/treatment evidence

- 36 massage treatments to be performed on a minimum of 15 clients and the outcomes documented. These must include 16 case studies – 8 clients treated twice each plus evidence of an additional 20 treatments
- 16 case studies to include:
  - Consultation
  - Medical history
  - Brief client profile and general lifestyle details
  - Client feedback
  - Home care advice
  - Self-reflection and evaluation
  - CPD requirements
  -
- Evidence of 20 treatments to include:
  - Consultation
  - Medical history
  - Brief client profile and general lifestyle details
  - Treatment plan
  - Client feedback
  - Home care advice

Case studies and treatment evidence must be documented through the use of signed and dated consultation forms for this unit and assessed using the relevant assessment form. See [www.vtctskills.org.uk](http://www.vtctskills.org.uk)

## 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                                       |
|---------|------------|---------------------------------------------------|--------------------------------------------|
| v1.0    | 12/09/2019 | First published                                   | Qualifications and Regulation Co-ordinator |
| v2.0    | 19/03/2020 | Clarified content in A.C. 2.5, 2.6, 2.11 and 2.12 | Product and Regulation Manager             |
| v3.0    | 22/06/2026 | Rebranding                                        | Development Administrator                  |