

## ITEC Level 3 Diploma in Holistic Massage

### Unit 2 Holistic Massage

**Recommended guided learning hours – 50**

*Pre-requisite – Candidates must hold the ITEC Level 3 Anatomy and Physiology (can be taken concurrently with this unit) or the ITEC Level 3 Diploma in Body Treatments or equivalent*

**Unit 22 Professional Conduct and Business Awareness is also mandatory**

QCA Qualification Accreditation Number: 100/2404/9

<b>Unit 2 Holistic Massage Theory</b>	
<b>Learning outcome</b>	<b>Underpinning knowledge</b>
1) Understand and explain the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos • Importance of the treatment of the whole person</li> </ul>
2) Understand and explain the term integral biology	<ul style="list-style-type: none"> <li>◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> <li>To include:                             <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food • Lack of fresh air</li> <li>• Stress • Lack of sleep • Financial problems • Poor ventilation</li> <li>• Lack of exercise • Chemicals • Pollution • Repetitive strain injuries</li> </ul> </li> </ul>
3) Understand and explain the appropriate legislation applicable to massage treatment	<ul style="list-style-type: none"> <li>To include:                             <ul style="list-style-type: none"> <li>• Any particular rights, restrictions and Charters • Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care)</li> <li>• Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access (when working in care)</li> <li>• Awareness of voluntary regulatory groups where they exist, i.e. General Council for Massage Therapists (UK only)</li> </ul> </li> </ul>
4) Understand and explain the issues surrounding 'consent' to treatment	<ul style="list-style-type: none"> <li>To include:                             <ul style="list-style-type: none"> <li>• Importance of obtaining consent from the client • 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) • Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners</li> <li>• Meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure that agreements are in the client's best interests</li> </ul> </li> </ul>
5) Understand and explain the importance of massage for clients and families receiving palliative or social care	<ul style="list-style-type: none"> <li>To include:                             <ul style="list-style-type: none"> <li>• Issue of consent • Any appropriate legislation • Confidentiality</li> <li>• Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Know when to refer clients to people outside of the care team • Maintenance of accurate records • Managing ones own feelings • The importance of ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services</li> </ul> </li> </ul>
6) Understand and explain methods of consultation	<ul style="list-style-type: none"> <li><i>An example of a consultation form is enclosed within the syllabus</i></li> <li>Students should demonstrate knowledge of the importance of the following:                             <ul style="list-style-type: none"> <li>• Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good</li> </ul> </li> </ul>

	<p>communication skills (asking open rather than closed questions)</p> <ul style="list-style-type: none"> <li>• Trust • Professionalism, confidence and enthusiasm</li> <li>• Professionally informing the client of restrictions of treatments e.g. contra indications • Ensuring client is not alarmed in any way</li> <li>• Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle</li> <li>• Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs</li> <li>• Determining the nature and extent of the client's needs</li> <li>• Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves, ascertain from the appropriate <i>companion's</i> agreement to the treatment • Explanation of any possible side effects to the treatment</li> <li>• Explanation how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to other, e.g. relevant health care workers</li> <li>• Obtain the client's signature (or of the <i>companion</i>)</li> </ul>
<p>7) Understand, recognise and explain common ailments and contraindications to massage</p>	<ul style="list-style-type: none"> <li>◆ <b>Total contraindications</b></li> <li>• Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting</li> <li>◆ <b>With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</b></li> <li>• Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis</li> <li>• Nervous/Psychotic conditions • Epilepsy • Recent operations</li> <li>• Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica)</li> <li>• Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc</li> <li>• Undiagnosed pain • When taking prescribed medication • Acute rheumatism</li> <li>◆ <b>Localised</b></li> <li>• Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen)</li> <li>• Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers</li> <li>• After a heavy meal • Conditions affecting the neck</li> </ul>
<p>8) Understand and explain appropriate client care</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Checking consultation and contraindications • 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 the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, 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</li> </ul>
<p>9) Understand and explain the correct hygiene procedures</p>	<p>To include the definition of the following terms:</p> <ul style="list-style-type: none"> <li>• Septic • Antiseptic • Disinfectant • Sterile • Cross infection</li> <li>• Sterilisation • Aseptic • Bactericide • Bacteriostat • Fungicide</li> <li>• Fungistat • Pathogenic • Non-pathogenic • Toxins • Hygiene</li> <li>• Bacteria • Fungi • Viruses and infestations with examples</li> <li>• Awareness of blood born diseases – HIV/AIDS, Hepatitis A, B and C • Describe the most efficient form of sterilisation in the</li> </ul>

	<p>clinic • Describe the best form of waste removal in the clinic (particularly when contaminated) • Reasons for good personal hygiene • Wash own hands • Wipe the client's feet • Use clean towels for each client • Put couch roll on top of towels • Wear clean professional work wear • Socks/tights and full flat shoes • Remove all jewellery (except wedding band on client and therapist and stud earrings on therapist) from self and client • No nail enamel • Clean short nails • Hair tied back off collar and face</p>
10) Understand and explain the classical massage movements and their physiological and psychological effects	<ul style="list-style-type: none"> <li>• Effleurage • Petrissage • Frictions • Percussion • Vibrations</li> <li>• Passive • 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</li> </ul>
11) Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> <li>• To include all the body systems in the anatomy section</li> </ul>
12) Understand and explain the history of the development of Swedish (classical) massage	<p>To include:</p> <ul style="list-style-type: none"> <li>• China 300BC • Japanese Shiatsu • Indian Ayurvedic medicine</li> <li>• The Greeks • The Romans • Per Henrik Ling • Physiotherapy</li> <li>• Present day</li> </ul>
13) Understand and explain other complementary therapies and the ways in which they are performed	<p>To include:</p> <ul style="list-style-type: none"> <li>• Homeopathy • Reflexology • Reiki/Spiritual Healing</li> <li>• Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure</li> <li>• Aromatherapy • Osteopathy • Indian Head Massage • Stone Therapy</li> </ul>
14) Understand and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a massage therapist</li> <li>◆ Demonstration of the understanding when a client should be referred to either :</li> <li>• GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team</li> </ul>
15) Understand and explain the importance of giving appropriate home care advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Healthy eating • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of massage treatment • Helping clients and families to put their choices into action</li> <li>• Reviewing their progress</li> </ul>
16) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)	<p>To include:</p> <ul style="list-style-type: none"> <li>• General contents of a first aid box and it's importance</li> <li>• Necessity for an accident book and its contents</li> <li>◆ <b>Correct first aid procedures for the following:</b></li> <li>• Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria</li> <li>• Heart Attack • Unconsciousness • Twisted ankle • Asthma attack</li> <li>• Diabetic coma • Nose bleed • Insect sting • Hyperventilation</li> <li>• Migraine • Dizziness • Recovery position • Knowing how to call for medical assistance</li> </ul>
17) Understand and explain the possible reactions to treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Increased micturition • Increased defecation • Healing crisis</li> <li>• Fatigue • Headache • Thirst • Heightened emotions</li> </ul>

<b>Unit 2 Holistic Massage Practical</b>	
18) Understand, explain and demonstrate the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos • Importance of the treatment of the whole person</li> </ul>
19) Understand and explain the term integral biology	<ul style="list-style-type: none"> <li>◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> <li>To include: <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food • Lack of fresh air</li> <li>• Stress • Lack of sleep • Financial problems • Poor ventilation</li> <li>• Lack of exercise • Chemicals • Pollution • Repetitive strain injuries</li> </ul> </li> </ul>
20) Understand and explain the appropriate legislation applicable to massage treatment	<ul style="list-style-type: none"> <li>To include: <ul style="list-style-type: none"> <li>• Any particular rights, restrictions and charters • Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care)</li> <li>• Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access (when working in care)</li> <li>• Awareness of voluntary regulatory groups where they exist, i.e. General Council for Massage Therapists (UK only)</li> </ul> </li> </ul>
21) Understand explain and demonstrate methods of consultation	<p><i>An example of a consultation form is enclosed within the syllabus</i></p> <p>Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> <li>• Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions)</li> <li>• Trust • Professionalism, confidence and enthusiasm</li> <li>• Professionally informing the client of restrictions of treatments e.g. contra indications • Ensuring client is not alarmed in any way</li> <li>• Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle</li> <li>• Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs</li> <li>• Determining the nature and extent of the client's needs</li> <li>• Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves, ascertain from the appropriate <i>companion's</i> agreement to the treatment • Explanation of any possible side effects to the treatment</li> <li>• Explanation how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to other, e.g. relevant health care workers</li> <li>• Obtain the client's signature (or of the <i>companion</i>)</li> </ul>
22) Understand, recognise and explain common ailments and contraindications to massage	<ul style="list-style-type: none"> <li>◆ <b>Total contraindications</b> <ul style="list-style-type: none"> <li>• Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting</li> </ul> </li> <li>◆ <b>With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</b> <ul style="list-style-type: none"> <li>• Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis</li> <li>• Nervous/Psychotic conditions • Epilepsy • Recent operations</li> <li>• Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica)</li> <li>• Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc</li> <li>• Undiagnosed pain • When taking prescribed medication • Acute</li> </ul> </li> </ul>

	<p>rheumatism</p> <p>◆ <b>Localised</b></p> <ul style="list-style-type: none"> <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 tissues ( 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> </ul>
23) Understand explain and demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> <li>• Checking consultation and contraindications</li> <li>• Explaining the treatment to the client</li> <li>• Helping the client onto the couch and protecting 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>• Cleanse the feet with a medi-wipe or similar</li> <li>• Wash own hands</li> <li>• Keep ensuring that the client is comfortable</li> <li>• Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head</li> <li>• Adapt the massage techniques to suit the needs of the client</li> <li>• Remove the massage medium at the end of the treatment</li> <li>• Help the client off the couch protecting their modesty at all times</li> </ul>
24) Understand explain and demonstrate the correct hygiene procedures for massage treatment	<p>To include the definition of the following terms:</p> <ul style="list-style-type: none"> <li>• Septic</li> <li>• Antiseptic</li> <li>• Disinfectant</li> <li>• Sterile</li> <li>• Cross infection</li> <li>• Sterilisation</li> <li>• Aseptic</li> <li>• Bactericide</li> <li>• Bacteriostat</li> <li>• Fungicide</li> <li>• Fungistat</li> <li>• Pathogenic</li> <li>• Non-pathogenic</li> <li>• Toxins</li> <li>• Hygiene</li> <li>• Bacteria</li> <li>• Fungi</li> <li>• Viruses and infestations with examples</li> <li>• Awareness of blood born diseases – HIV/AIDS, Hepatitis A, B and C</li> <li>• Describe the most efficient form of sterilisation in the clinic</li> <li>• Describe the best form of waste removal in the clinic (particularly when contaminated)</li> <li>• Reasons for good personal hygiene</li> <li>• Wash own hands</li> <li>• Wipe the client's feet</li> <li>• Use clean towels for each client</li> <li>• Put couch roll on top of towels</li> <li>• Wear clean professional work wear</li> <li>• Socks/tights and full flat shoes</li> <li>• Remove all jewellery (except wedding band on client and therapist and stud earrings on therapist) from self and client</li> <li>• No nail enamel</li> <li>• Clean short nails</li> <li>• Hair tied back off collar and face</li> </ul>
25) Understand and select the appropriate medium for the treatment and client's skin type	<p>Mediums available should be:</p> <ul style="list-style-type: none"> <li>• Oil (not mineral oil)</li> <li>• Cream</li> <li>• Talc (unperfumed)</li> <li>• Effects and benefits of each should be known</li> </ul>
26) Understand, explain and demonstrate the classical massage movements and their physiological and psychological effects	<ul style="list-style-type: none"> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Frictions</li> <li>• Percussion</li> <li>• Vibrations</li> <li>• Passive</li> <li>• Movements should be performed correctly and on areas appropriate for the movement</li> <li>• Movements should be adapted to produce a massage suitable for the client's needs</li> </ul>
27) Understand and explain the structures to be worked over and their function	<ul style="list-style-type: none"> <li>• To include all the body systems in the anatomy section</li> </ul>
28) Understand and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a massage therapist</li> <li>◆ Demonstration of the understanding when a client should be referred to either :</li> <li>• GP</li> <li>• Counsellor</li> <li>• Other Complementary Therapist</li> <li>• Member of the social care or nursing team</li> </ul>
29) Evaluate and review the massage treatment/programme	<ul style="list-style-type: none"> <li>• At the end of each treatment the client's feeling should be recorded and any skin or other reactions</li> <li>◆ The following areas should be monitored:</li> <li>• Outcomes achieved</li> <li>• Effectiveness of the treatment</li> <li>• Any change in demands</li> <li>• Whether the treatment met the needs of the client</li> <li>• Longer term needs of the client (particularly when working in a care environment)</li> </ul>
30) Understand and explain the importance of giving appropriate home care advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Exercise</li> <li>• Stress levels</li> <li>• Generally helping clients and families to identify options to improve their health and</li> </ul>

	social wellbeing in terms of massage treatment • Helping clients and families to put their choices into action • Reviewing their progress
31) Understand and explain the importance of telling the client about the possible reactions to the treatment	To include: <ul style="list-style-type: none"> <li>• Increased micturition • Increased defecation • Healing crisis</li> <li>• Fatigue • Headache • Thirst • Heightened emotions</li> </ul>
32) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)	To include: <ul style="list-style-type: none"> <li>• General contents of a first aid box and it's importance • Necessity for an accident book and its contents</li> <li>♦ <b>Correct first aid procedures for the following:</b></li> <li>• Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria</li> <li>• Heart Attack • Unconsciousness • Twisted ankle • Asthma attack</li> <li>• Diabetic coma • Nose bleed • Insect sting • Hyperventilation</li> <li>• Migraine • Dizziness • Recovery position • Knowing how to call for medical assistance</li> </ul>

## ITEC Unit 2 Holistic Massage Case Studies

5 clients must be treated 4 times each for full body massage and outcomes recorded

To include:

- Consultation including thorough medical history and general lifestyle
- Client profile (to include any current issues in their life)
- Details of how the therapist conducted the treatment
- Details of how the client felt during and after the treatment
- Details of home care advice given
- Overall conclusion of the case should be recorded including reflective practice\* (self assessment)

\*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment