

## CNH27 Provide sports massage therapy to clients

### OVERVIEW

This standard is about providing sports massage therapy to clients to ease muscular tension and treat minor injuries sustained as a result of activity. Sports massage therapy can be used to treat musculoskeletal conditions for any individual. During the subjective part of the consultation the therapist will undertake an assessment of the client's general health and specifically issues relating to their activity and any pain they may have. The therapist will then conduct an objective assessment which further investigates the condition of the client's body. Measurable outcomes will be taken from the consultation which will provide information to evaluate the results of the treatment. Therapists need to be aware of red flags and contra-indications and should apply their knowledge of anatomy, physiology and pathology in cases where they need to decline treatment and refer to other healthcare professionals. Clients may be seen on a single occasion or on multiple occasions when the therapist will monitor progress and adapt subsequent treatments and advice given. Treatments may be carried out in a variety of locations such as: a treatment room, team changing rooms, the floor of a venue or on the field of play. Consideration must be given to variable treatment positions of the client to ensure their safety and comfort. Treatment may be given which has varying anticipated outcomes such as pre-event, intra/inter event, post event or maintenance treatment. The techniques used during treatment may include: Effleurage Petrissage Tapotement Compressions Vibrations Frictions Soft tissue release Muscle energy techniques Myofascial techniques Positional release Neuromuscular trigger point therapy Passive stretching Application of heat and ice to suit the clients needs. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. the current national legislation, guidelines, organisational policies, codes of ethics and protocols which affect the work environment, scope of practice and working practice between the therapist and others
2. the importance of environmental and personal cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations
3. the importance of having a suitable chaperone present when working with children and vulnerable adults and the principles and legislation to observe in relation to their protection
4. the principles and methods of obtaining informed consent prior to assessment and application of sports massage techniques, and the importance of working within own

- scope of practice
- 5.current health and safety legislation for equipment used during treatment
- 6.the procedures to maintain clear and accurate client information and treatment records
- 7.how to comply with legal requirements for the storage of information regarding client and treatment details
- 8.how to report or refer to relevant health care professionals and why it is important to follow their direction
- 9.the anatomy, physiology and pathology relevant to the assessment, application and effects of sports massage techniques
- 10.the musculoskeletal system and its interaction with the nervous system
- 11.the principles of biomechanics to inform assessment, treatment and aftercare
- 12.the clinical signs of human disease and dysfunction in order to recognise contra-indications, red flags, injury and underlying pathology
- 13.the physiological, circulatory and neurological effects of massage methods
- 14.the effects of nutrition upon injury and pathology
- 15.the possible impact of client's psychological state on injury recovery
- 16.the actions and side effects of major classes of drugs in order to understand the impact medication may have on a client's condition
- 17.the physiological effects of the application of ice and heat
- 18.the methods, indications and contraindications related to the application of ice and heat
- 19.sport specific issues which may influence treatment
- 20.how to adapt communication styles in ways which are appropriate to the needs of the client
- 21.the importance of obtaining information in order to:
  - 1.make an informed hypothesis about the nature of the client's condition
  - 2.identify pre-existing conditions
  - 3.identify cautions, contraindications and red flags
  - 4.inform objective testing
- 22.the possible influence of yellow flags on treatment outcome
- 23.how to recognise when the presenting condition could be of neurological origin and requires referral to another health care professional
- 24.the importance of respecting the client's culture, privacy, dignity, wishes and beliefs and how to do so
- 25.the potential impact of psychological effects resulting from the therapist/client interaction
- 26.how to analyse the signs of postural defect, injury, asymmetry and biomechanical dysfunction
- 27.the palpatory characteristics of normal and abnormal body tissues
- 28.the normal range of movement measurements available at each joint
- 29.the normal and possible abnormal end feel at each joint when performing passive range of movement
- 30.the method and measurement scales of strength testing methods
- 31.the importance of accurate assessment and reassessment
- 32.problem solving skills in order to plan and justify treatment
- 33.the indications and contraindications for sports massage techniques
- 34.how to select the correct techniques to meet the desired outcomes for pre-event, inter-event, post event, maintenance and injury treatments
- 35.the importance of explaining the aims and objectives of massage to the client
- 36.the importance of providing individuals with opportunities to ask questions and increase their understanding

- 37.the suitability of the massage medium in relation to the massage technique being used and the client's skin type
- 38.the content of the massage medium with regard to a possible allergic reaction and contraindications
- 39.how to prepare the treatment area and position the client for optimal treatment outcome whilst maintaining their dignity and comfort throughout
- 40.how to apply a range of sports massage methods with particular reference to contour of hands, mode of application, position, stance, posture, depth of pressure, direction and rhythm of movement
- 41.the importance of client position and sequence of treatment for the treatment of oedema relating to injury
- 42.the situations in which it is necessary to remove massage medium to comply with sporting regulations
- 43.the possible adverse reactions to the treatment and the action to take if these are identified
- 44.the information required when communicating with other health care professionals
- 45.how to provide:
  - 1.lifestyle information
  - 2.advice about possible adverse reactions to treatment
  - 3.advice about specific conditions pertaining to treatment
  - 4.homecare advice for the management of treatment injury
- 46.how to evaluate the effectiveness of sports massage treatment to support future actions
- 47.the necessity to reassess measurable outcomes accurately following treatment in order to evaluate effectiveness

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.ensure the environment meets the client's needs in terms of comfort and dignity
- 2.prepare the treatment environment, equipment and materials ensuring compliance with good hygiene practice and health and safety legislation, managing risks as appropriate
- 3.follow approved guidelines for the presence of a chaperone, where necessary
- 4.review any previous treatment notes where applicable and confirm there have been no changes since any previous treatment
- 5.communicate with the client in a manner appropriate to the client's understanding, and address any questions they may have
- 6.obtain the client's personal details and lifestyle information, details of any previous medical history, and current condition
- 7.confirm that informed consent has been obtained in relation to the treatment to be carried out
- 8.obtain information relevant to the cautions and contraindications to massage and respond appropriately
- 9.refer when necessary to a relevant health care professional
- 10.observe, palpate, assess and move the pertinent body parts in ways that are appropriate to the client and their needs

11. agree the nature, aims and objectives of the massage method to be used with the client, including any equipment to be used
12. devise and as required, update a current sports massage treatment strategy appropriate to the desired treatment outcome, the client's needs and within scope of practice
13. adapt the treatment in response to presented pre-existing conditions and disease processes
14. determine and record subjective and/or objective measurable outcomes
15. prepare the relevant body area with due respect to the client's dignity
16. ensure the client is correctly positioned, safe and comfortable throughout the sports massage treatment
17. apply massage methods correctly and consistently to meet the client's needs
18. adapt application and personal posture in order to maintain the musculoskeletal health of the therapist
19. monitor the effects and take appropriate action should the client have an adverse response to treatment
20. provide the client with appropriate materials and assistance to remove the massage medium when necessary
21. record and respond appropriately to visual and verbal feedback during the delivery of massage methods
22. reassess and record objective and subjective measurable outcomes
23. evaluate with the client the outcomes and effectiveness of the treatment to support future plans and actions
24. provide the client with information and aftercare advice specific to their condition
25. complete, store and maintain accurate records in accordance with legal and organisational requirements
26. refer and/or report on progress to the relevant health care professional and follow their directions where necessary

## **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard should be used in conjunction with CNH1 and CNH2. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments