

A large, faint watermark of a university crest is visible on the left side of the slide. The crest features a shield with a crown on top, surrounded by ornate flourishes and a banner at the bottom with the Latin motto "ET VENUSTAS PER SCIENTIAM".

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Professional practice in sports massage

LO1: Legislation required in sports massage

Assessment criteria

1. Explain how current legal obligations relate to the sports massage therapist.
2. Explain the importance of having a chaperone present when working with children and vulnerable adults.
3. Explain the importance of obtaining and working within boundaries of informed consent.
4. Describe what information needs to be given to clients to obtain informed consent.
5. Evaluate the consequences of non-compliance with legislation and professional standards.



Activity

What is legislation?

Why is legislation important for sports massage therapy?

Name some of the legislations that would apply to sports massage.

The logo for VTCT (The Vocational Training Council for Therapies) is displayed in a purple serif font. The letters 'V', 't', and 'c' are lowercase, while 't' and 't' are lowercase, and 'c' is lowercase. The 'V' is large and stylized with a decorative flourish on its right side. The 't's are smaller and have a simple design. The 'c' is also smaller and has a simple design.

Legislation

- Legislation is governed by law.
- It guides professional practice.

The logo for Vtct, featuring the letters 'Vtct' in a stylized, purple, serif font. The 'V' is large and has a decorative flourish extending from its top right. The 't' is smaller and has a similar flourish. The 'c' and 't' are also in the same style.

Legislation and sports massage

The sports massage therapist should:

- Adhere to all legislation.
- Behave responsibly – no illegal, discriminatory, unethical behaviour.
- Accept responsibility for own actions.
- Follow appropriate policies and procedures, e.g. fire, first aid.
- Maintain accurate and appropriate records.
- Maintain high standards of hygiene.

The logo for the Voluntary Tissue and Connective Tissue Charities Trust (Vtct). It features the letters 'Vtct' in a stylized, purple, serif font. The 'V' is large and has a decorative flourish extending from its top right. The 't' is smaller and has a similar flourish. The 'c' and 't' are also in the same font style.

Examples of legislation

- Health and Safety at Work Act, 1974.
- Health and Safety (First Aid) Regulations, 1981.
- Personal Protective Equipment at Work Regulations 1992 (PPE)
- Employer's Liability (Compulsory Insurance) Act 1969
- Manual Handling Operations Regulations 1992
- Safeguarding children and vulnerable adults



Examples of legislation

- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR)
- Data Protection Act, 1998.
- Control of Substances Hazardous to Health Regulations 2002 (COSHH)
- Equality Act 2010
- The Supply of Goods and Services Act, 1982
- Sale of Goods Act.



Health and safety at work

- A legal requirement.
- To keep people and workplaces safe.
- To prevent accident and emergencies.
- To ensure duty of care – self, colleagues, clients, visitors
- Covers first aid, risk assessment, protective clothing, manual handling etc.

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Duty of care

Reasonable care means that to the best of your knowledge and ability, all precautions have been taken to minimise risk or harm to a client or their property.



Management of health and safety at work regulations (1999)

The Health and Safety Executive (HSE):

- Employers are legally required to conduct a risk assessment.
- Risk assessment is an examination of everything in your work (practice, use of equipment) or the workplace (environment) that could potentially cause harm.
- Risks are graded according to likelihood (low 1 to high 5) and severity (low 1 to high 5).
- These figures are multiplied to assess and rate risk.
- All risks must be eliminated or managed.

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The use of chaperones

Safeguarding legislation protects the welfare of children and vulnerable adults.

It aims to:

- Ensure their safety.
- Protect them against maltreatment.
- Remove any risk of harm, neglect or abuse.

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Children and vulnerable adults

Vulnerable adult - any person 'aged 18 years or over, who is in receipt of or in need of community care services by reason of mental or other disability, age or illness and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation.'

(Department of Health. 2000)

Most protection agencies in the UK refer to **children** as any person under age 18

(NSPCC. 2014)

The logo for vtct, featuring the letters 'vtct' in a stylized, purple, serif font. The 'v' is particularly large and has a decorative flourish extending from its top.

The importance of a chaperone

Guidelines for best practice when working with children and vulnerable adults indicate not to be alone at any point.

Chaperones can:

- Provide support to child or vulnerable person.
- Assist with explanation of
- Informed consent.
- Assessment.
- Treatment.
- Offer protection for all parties, e.g. allegations.
- Provide reassurance to client.
- Alleviate anxiety the client may feel, if the therapist is not known to them.

The logo for Vtct (Victims of Trauma and Abuse) is displayed in a purple serif font. The 'V' is large and stylized, with a thin purple line curving over the top of the 't's.

Informed consent

- Informed consent should be gained before any treatment.
- Clients need as much information as possible to ensure they understand.
- Information should be given using clear and accessible language.

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Informed consent

Details clients need:

- Benefits of treatment.
- Any potential risks of treatment.
- After effects they may experience.
- Opportunities to ask questions.
- Answers to the their questions.

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Boundaries for informed consent

The therapist must:

- Explain the purpose of informed consent.
- Gain client consent before assessment or treatment.
- Explain all details about the treatment.
- Answer client questions.
- Record all questions and answers.
- Sign and date.
- Maintain informed consent records, as part of client records.
- Not provide treatment until consent is gained.

The logo for Vtct (Victorian Talking Therapies Centre for Treatment) is displayed in a purple serif font. The letters 'Vtct' are stylized, with a decorative flourish on the 't'.

Activity

What might be the consequences of non compliance with legislation and professional standards?



Vtct

Consequences

- Breaking the law.
- Legal consequences – prosecution, fines, penalties, loss of licence to practice, criminal record.
- Professional consequences – loss of membership of professional bodies
- Loss of reputation as a practitioner.
- Loss of business.

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Learning check

- Explain how current legal obligations relate to the sports massage therapist.
- Explain the importance of having a chaperone present when working with children and vulnerable adults.
- Explain the importance of obtaining and working within boundaries of informed consent.
- Describe what information needs to be given to clients to obtain informed consent.
- Evaluate the consequences of non-compliance with legislation and professional standards.

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Professional practice in sports massage

LO2: Scope of practice in sports massage.

Assessment criteria

1. Describe cautions and contra-indications to sports massage.
2. Distinguish the actions to take if presented with cautions or contra-indications:
 - Local.
 - Systemic.
3. Describe referral procedures when working with other professionals.
4. Describe how to communicate with others in a professional manner.

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Contraindication

- Risks outweigh the benefits.
- Health condition or injury that could be aggravated or made worse.
 - Local – may treat, but avoid the area.
 - Systemic – no treatment.

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Caution

- Potential risks exist.
- Adaptations can be made to reduce risks.
- Benefits of treatment are not outweighed by risks.

The logo for VTCT, featuring the letters 'vtct' in a stylized, purple, serif font. The 'v' is lowercase and has a decorative flourish that extends upwards and to the right, crossing over the top of the 't's.

Activity

- Review contra-indications and cautions table in manual.
- Select two conditions.
- Outline action to be taken if presented with condition/contra-indication.
- Share findings with group.

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Contraindications

Acute soft tissue injury	Local	If qualified RICE protocol, avoid area, refer if necessary
Tumour	Absolute	Refer for medical input
Open wounds	Local	Cover with a dressing, avoid the area
Circulatory disorders	Absolute	Refer for medical input
Fractures	Local	Avoid the area
Thrombosis	Absolute	If suspected refer for medical input
Myositis ossificans	Local	Avoid the area once bone has calcified
Infections	Local Temporary	Avoid the area Do not treat while client has temperature

Contra-indications

Skin disorders	Local	Avoid the area especially if skin is broken. May not want to treat infectious conditions
Allergic conditions	Temporary – can be managed	If adverse skin reaction, avoid the area. Check massage medium for allergens.
Risk of haemorrhage	Absolute	Refer for medical input - act on advice given. Vigorous techniques contraindicated
Areas of altered skin sensation	Absolute	Refer for medical input Light, flushing movements to maintain mobility
Mental incapacity	Absolute	Medical input, carer needs to be present. Follow vulnerable adult legislation

Referral sources

- GP or health professional – medical.
- Personal trainer – physical fitness.
- Dietician – nutrition and diet.
- Physiotherapist – gait analysis.
- Sports coach – sports training.
- Osteopath – spine manipulation.
- Counsellor – mental health, e.g. anxiety or depression.
- Sports psychologist – anxiety related to sports performance.

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Referral or signposting

- GPs refer clients to other healthcare services, e.g. dietician, counsellor.
- Sports massage therapist can signpost client to GP.
- SMT can signpost and offer clients recommendations on other specialists to help specific needs, e.g. personal trainer

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GP consent/referral

- Use the clients name.
- Outline the treatment they have presented for.
- Provide detail about the proposed treatment.
- State potential benefits and effects.
- State any identified risks.
- State precautions that can be taken.
- Request consent or recommendations.
- Sign and date.
- State professional qualifications/memberships.
- Build relationships with other professionals.

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Activity

Design a letter that can be used to communicate with other professionals.

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Learning check

- Describe cautions and contraindications to sports massage.
- Distinguish the actions to take if presented with cautions or contraindications:
 - Local.
 - Systemic.
- Describe referral procedures when working with other professionals.
- Describe how to communicate with others in a professional manner.

The logo for Vtct (The Victorian Tactile College) is displayed in a purple serif font. The 'V' is large and stylized, with a decorative flourish extending from its top right. The letters 'tct' are smaller and follow the same serif style.

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Professional practice in sports massage

LO3: Standards relevant to the sports massage profession

Assessment criteria

1. Discuss key principles of professional standards as stipulated by sports massage membership organisations.
2. Evaluate the roles of professional organisations relating to sports massage.
3. Explain the purpose of regulation.
4. Explain the importance of continuing professional development.
5. Describe the protocol to follow when presented with an emergency situation.
6. Describe insurance requirements for sports massage practice.

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Activity

Name some of the different sports massage associations.



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Sport massage organisations

- The Sports Massage Association: www.thesma.org
- Institute of Sport and Remedial Massage (ISRM):
www.theism.com/terms.php
- Complementary and Natural Healthcare Council (CNHC) -
www.cnhc.org.uk
- Federation of Holistic Therapists (FHT) - www.fht.org.uk
- The council for soft tissue therapies (GCMT) - www.gcmt.org.uk

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Other organisations

- The National Institute for Health and Care Excellence (NICE): www.nice.org.uk
- The American College of Sport Medicine (ACSM): www.acsm.org
- The Department of health: www.gov.uk/government/organisations/department-of-health
- The British Association of Sport and Exercise Science: www.bases.org.uk

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Professional standards and regulation

- No single regulatory body.
- Different organisations have own codes of practice and guiding principles.
- Membership of organisations is not compulsory.
- Purpose of regulation:
 - To maintain high standards of practice
 - To maintain health and safety
 - To ensure continuous professional development
 - To maintain a national register of professionals

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Activity

What may be the benefits of joining a professional organisation?

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Benefits

- Network.
- Recognition.
- Support.
- Continuing professional development (CPD).
- Insurance.

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Council for soft tissue therapies (GCMT)

- Governing body for massage and soft tissue therapies.
- Non-profit making body.
- Council members include awarding organisations and professional organisations.
- Define and influence educational standards.
- Acts as a lobbying and pressure group - education, regulation, insurance and employment.
- Research into soft tissue therapy.

The logo for the Council for Soft Tissue Therapies (Vtct) features the letters 'Vtct' in a stylized, purple, serif font. The 'V' is particularly large and has a decorative flourish extending from its top right.

Federation of Holistic Therapists (FHT)

- Non-profit making organisation.
- Represents many holistic therapies.
- Offers professional status and recognition.
- Useful for insurance.
- Register of therapists but not government recognised.
- Provides CPD courses
- Offers a support network.
- Shop with discounted products.

The logo for the Federation of Holistic Therapists (FHT) is the acronym 'vtct' in a stylized, purple, lowercase serif font. The 'v' is particularly large and has a decorative flourish extending from its top.

Sports Massage Association (SMA)

- Non-profit making organisation.
- Specifically for soft tissue therapy.
- Professional status and recognition.
- Useful for providing insurance.
- Register of therapists - not government recognised.
- Maintains standards for sports massage therapists.
- Connections with Olympic committee, Commonwealth Games committee.
- Representation of therapists at high level sporting events.

The logo for the Victorian Triathlon Club (Vtct) features the letters 'Vtct' in a stylized, purple, serif font. The 'V' is large and has a decorative flourish extending from its top right. The 't' is smaller and has a similar flourish. The 'c' and 't' are also in the same font style.

Complementary and Natural Healthcare Council (CNHC)

- Voluntary regulator.
- Complementary therapists including sports massage.
- Government supported.
- Industry standards.
- National register of therapists.
- Quality mark to increase public confidence.
- Employers frequently require membership of the CNHC.
- Membership currently £100 per year.

The logo for Vtct (The Complementary and Natural Healthcare Council) is displayed in a purple serif font. The letters 'Vtct' are stylized, with a thin purple line curving over the top of the 't's.

Activity

What is professional practice?

Why is CPD important?



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Professional practice

- Integrity.
- Respect.
- Update knowledge and skills.
- Reflect on practice.
- Equality and fairness.
- Service to clients.

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Continuing professional development (CPD)

- Different organisations stipulate different CPD requirements.
- All CPD must be recorded.
- CPD can include - higher qualifications, conferences, exhibitions, reading books and journals.

Benefits:

- Develop knowledge and skills.
- Maintain standards of practice.
- Career development.

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Activity

What procedures would you follow when presented with an emergency situation?

- Home.
- Clinic.
- Sporting event.

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Emergency procedures

All emergency situations:

- Remain calm.
- Assess the situation.

Medical emergency:

- Call an ambulance.
- Provide first aid until medical help arrives.
- Deal with bystanders
- Record in accident book.

Fire:

- Raise alarm, evacuate and call emergency services.
- Record.

Have emergency operating procedures.



Vtct

Activity

- Why is insurance needed?
- What types of insurance may a sports massage therapist need?

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Insurance requirements

Protect self and others against loss or damage.

- Employers Liability (*Compulsory Insurance*) Act 1969
- Professional Indemnity Insurance (or Professional Liability Insurance)
- Public and products liability insurance.
- Personal accident, income protection and critical illness.
- Motor insurance – work and travel.
- Home insurance and contents – home practice.

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Learning check

- Discuss key principles of professional standards as stipulated by sports massage membership organisations.
- Evaluate the roles of professional organisations relating to sports massage.
- Explain the purpose of regulation.
- Explain the importance of continuing professional development.
- Describe the protocol to follow when presented with an emergency situation.
- Describe insurance requirements for sports massage practice.

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Professional practice in sports massage

LO4: Principles of professional practice

Assessment criteria

1. Explain the importance of valuing equality and diversity when working with clients.
2. Explain the importance of professionalism.
3. Explain the personal and clinical standards expected of the sports massage therapist.
4. Explain the importance of good communication skills.
5. Describe advantages/disadvantages of different means of communication.

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Activity

Why is it important to value equality and diversity?

What is professionalism?

Why is professionalism important?

What standards need to be maintained?

- Personal.
- Clinical.

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Equality and diversity

Human right to be treated fairly, with respect, dignity and equal importance.

Legally protected – Equality Act 2010

Other legislation

- Sex Discrimination Act 1975
- Race Relations Act 1976
- Race Relations Amendment Act 2000
- Disability Discrimination Act 1995
- Sexual Orientation Regulations 2003
- Religion or Belief Regulations 2003.

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Protected characteristics

- Age.
- Gender.
- Race
- Religious beliefs.
- Ethnic origin.
- Disability (physical or mental).
- Sexual orientation.



Standards of professionalism

- Respect diversity and difference.
- Treat people fairly.
- Punctuality.
- Reliability.
- Trustworthy.
- Maintain confidentiality.
- Personal hygiene.
- Positive communication.
- Approachable.

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Importance of professionalism

- Reputation of self.
- Reputation of colleagues.
- Reputation of industry.



Activity

Why are communication skills important?

What means of communication are there?

What are the advantages/disadvantages of different means of communication?

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Importance of communication

It builds and maintains relationships (or not!)



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Communication methods

- Face to face.
- Telephone conversation.
- Text message.
- Email.
- Letter.
- Social media pages, e.g. facebook, twitter.

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Communication considerations

- What is the purpose? E.g. marketing or client consultation.
- Means of communication selected must match the purpose, e.g. consultations would be face to face.
- Use language that is accessible.
- Written – use spell check and check punctuation and grammar.
- Verbal – clear voice tone, volume and pace.
- Visual – open and positive body language, facial expressions, gestures.

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What can go wrong?

- Message sent is unclear.
- Message received is not understood.
- Body language and verbal communication do not match.
- Jargon.
- Communication and relationship breakdown.

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Positive communication skills

- Active listening.
- Empathy.
- Non judgement.
- Respect.
- Open body language and gestures, e.g. upright posture, smile.
- Polite language.
- Appropriate voice volume.
- Pace of speech.

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Learning check

- Explain the importance of valuing equality and diversity when working with clients.
- Explain the importance of professionalism.
- Explain the personal and clinical standards expected of the sports massage therapist.
- Explain the importance of good communication skills.
- Describe advantages/disadvantages of different means of communication.

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Professional practice in sports massage

LO5 Produce, maintain and store client records

Assessment criteria

1. Explain the importance of accurate and confidential record keeping.
2. Explain what information should be recorded.
3. Explain the principles to apply when recording treatments.
4. Explain the legal requirements for the storage and disposal of records.



Activity

Why are client records important?

What records need to be maintained?

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Importance

- Legal requirement.
- Professional practice.
- Permanent record of treatments.
- Inform future treatment.

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Records needed

- Informed consent.
- Personal details, e.g. contact information etc.
- Assessment and consultation records.
- Treatment records.
- Updates to treatment plans.

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Activity

Why key principles should be applied when recording treatments?

What are the legal requirements for storage and disposal of records?

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Key principles

- Complete within 24 hours of treatment.
- Use black, permanent ink.
- Any errors should be crossed through and initialled.
- Never use correction fluid.
- Factual information.
- Sign and initial each page.
- Details of treatment, client responses, changes to treatment
- Advice and recommendations given to client.

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Data protection and client records

- All records must be made accessible to the client (on request).
- Not shared with other parties, unless consent gained.
- Only shared for professional purposes, e.g. GP.
- Stored securely – locked cabinet or password protected.
- Computer records must be saved with date and time.
- Keep original copies of all records.
- Updates to records should be maintained separately.
- Store records for a minimum of 8 years (or for children under 12, maintain records until their 25th birthday)

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Learning check

- Explain the importance of accurate and confidential record keeping.
- Explain what information should be recorded.
- Explain the principles to apply when recording treatments.
- Explain the legal requirements for the storage and disposal of records.

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vict

Sports Massage Treatments

*LO7 How to assess and screen clients for sports
massage treatment*

Assessment criteria

1. Describe what is meant by subjective and objective assessments.
2. Explain methods of carrying out subjective and objective assessments.
3. Explain reasons for use of subjective and objective assessments.
4. Explain the value of client consultation.
5. Explain the importance of accurate client assessments and re-assessments.



Activity

What are some of the reasons for clients using sports massage therapy?

Why is it important to assess clients?

What information would you need to gather?

How would you use the information?

The logo for Vtct (The Victorian Tactile College) is displayed in a purple serif font. The 'V' is large and stylized, with a thin purple line curving over the top of the 't's. The letters 'tct' are smaller and follow the same serif style.

Client reasons

- Referral from GP or other health care professional.
- Recommendation from colleague or coach.
- Self referral
- Relieve discomfort or pain.
- Alleviate dysfunction or tightness.
- Relaxation.
- Stimulation.
- Events – pre-, inter-, intra-, post-
- Maintenance.

The logo for VTCT, featuring the letters 'vtct' in a stylized, purple, serif font. The 'v' is lowercase and has a decorative flourish that extends upwards and to the right, crossing over the top of the 't's.

Purpose of assessment

- Build rapport with client.
- Gather relevant information.
- Identify reason for treatment.
- Identify contra-indications or cautions.
- Inform treatment planning and advice.
- Enable effective treatment.
- Meet client needs.
- Improve client condition.
- Provide baseline for post-treatment assessments.

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Information

- Personal details - age, gender, occupation etc.
- Purpose of visit – presenting need and aims
- History - type of training, changes in training, health status

Posture

- Range of motion
- Movement patterns, gait etc.

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Subjective assessment

- **Personal details** - age, gender, occupation, activity levels, sport, lifestyle, contra-indications, medical history etc.
- **Purpose of visit** - presenting need and aims
- **History** - health status, type of training, changes in training, previous injuries, signs and symptoms, mechanism of injury, any relieving factors or things that increase discomfort and aggravate condition.
- This is **subjective assessment**.
- Gathered verbally and/or using written questions or both.

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Activity

Work with a partner and gather subjective information.

Swap roles.

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Objective assessment

- Physical assessment
- Identify factors that are out of client's conscious awareness, e.g. gait, posture, muscles tightness, dysfunction.
- Informed consent required before any objective assessments

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Activity

Tutor demonstration.

- Gain informed consent.
- Demonstrate assessment of static posture.

- Side – right and left
- Back
- Front

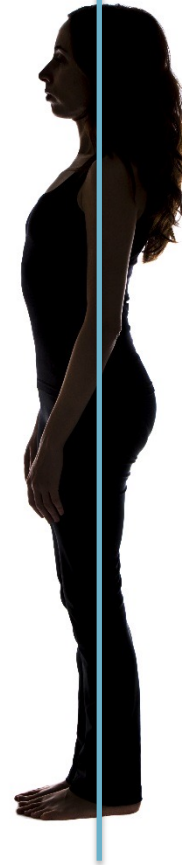
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Static posture

Side view

Plumb line:

- Anterior to lateral malleolus (ankle)
- Midline of knee
- Greater trochanter (hip)
- Pelvis – ASIS and PSIS
- Lumbar spine
- Thoracic spine
- Midline shoulder (acromion process)
- Ear lobe
- Crown of head



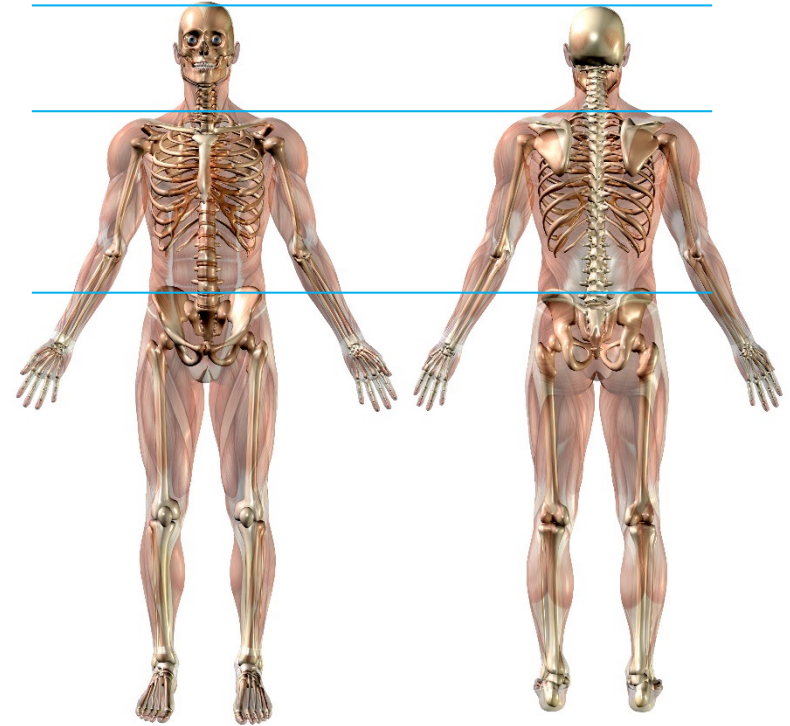
Vtct

Static posture

Posterior.

Check symmetry:

- Head
- Shoulders.
- Waist creases.
- Hips.
- Feet turn out.
- Muscle bulk
- Arch of foot-supinated/pronated



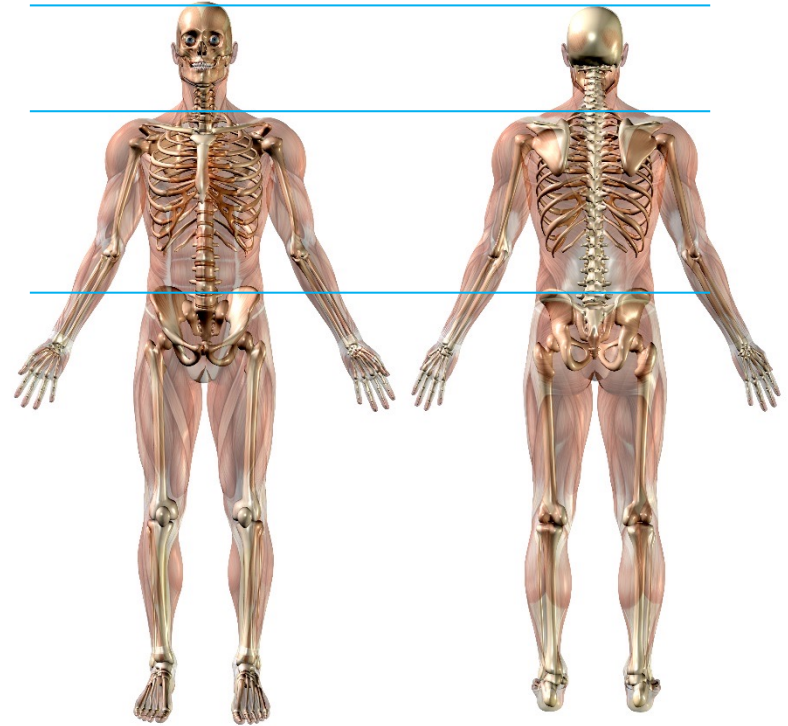
Vtct

Static posture

Anterior.

Check symmetry:

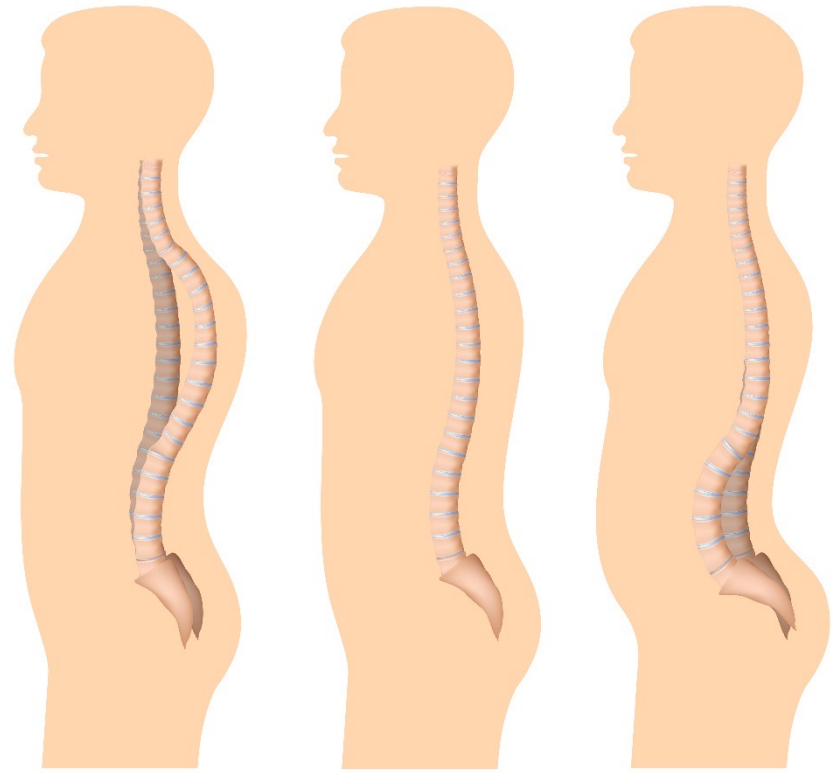
- Head
- Shoulders.
- Hips.
- Knee over 2nd/3rd toe.
- Feet turned out.
- Arch of foot - supinated/pronated



Vtct

Postural deviations

- Hyperlordosis.
- Hyperkyphosis.
- Flat back.
- Sway back.
- Winged scapula.
- Scoliosis.



Kyphosis

Normal

Lordosis

Vtct

Activity

Work with a partner and assess their posture



Vtct

Functional assessments

Can help to identify how dysfunctions impact client's movement in daily life or when participating in sport.

Observe specific movements, e.g.

- Sit to stand from a chair.
- Walking – stride length, pelvic action.
- Climbing stairs.
- Performing specific actions, e.g. sport
- Reaching between shoulder blades

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Range of motion assessment

Assesses range of motion (ROM) in isolation.

Base line measure for further monitoring.

Can be compared and contrasted:

- Against the client's functional requirements.
- Against the client's sporting requirements.
- Between both sides of the client's body.
- Against published norms for the specific joint.

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Activity

Tutor demonstration.

- Gain informed consent.
- Demonstrate functional assessments.
- Demonstrate range of motion assessments.

Pair practice with feedback and evaluation.

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Palpation

- Tactile exploration.
- Identify invisible or deeper issues.
- Assist with identification of any underlying problem.
- Tension, tightness.
- Pain, tenderness, sensitivity.
- Resistance.
- Temperature – hot or cold.
- Drag.
- Tissue deformity
- Skin tension.

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Activity

Palpate the following structures:

- Vertebral prominens (C7)
- Acromion process.
- Anterior superior iliac spine (ASIS).
- Posterior superior iliac spine (PSIS).
- Greater trochanter.
- Tibial tuberosity.
- Medial malleolus.

Tips:

- Informed consent first
- Stay relaxed, controlled breathing.
- Focus attention (can close eyes) – use feeling sense
- Support joints to help avoid RSI.
- Use tips and sides of fingers and thumb

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Using assessment information

- Identify client wants and needs.
- Identify treatment options suitable for client needs.
- Identify need for signposting, e.g. contra-indications.
- Devise a proposed treatment plan.
- Informed consent before treatment.
- Record all information.
- Update records at every reassessment.

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Learning check

- Describe what is meant by subjective and objective assessments.
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Practical workshop

Conduct a full client assessment and record information.

- Subjective assessment.
- Informed consent.
- Objective assessment.
- Devise a treatment strategy.
- Explain the planned strategy to your partner.
- Purpose, aims, benefits, risks.
- Evaluate assessment and treatment plan.

Swap roles.

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Assessment criteria workshop

LO1: Be able to carry out client assessments

- Carry out subjective assessment of clients
- Obtain informed consent before carrying out physical assessments
- Carry out objective assessments of client

LO2: Be able to devise sports massage treatment plans

- Devise massage strategies relevant to collated information
- Present massage strategies to clients and obtain informed consent

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