

# Diploma of Remedial Massage

(HLT52015)

The Diploma of Remedial Massage (HLT52015) will provide you with the qualification to become a professional nationally recognised massage therapist.

We will give you the opportunity to gain all the skills required to work as a Remedial Therapist.

You will learn practical massage skills as well as human anatomy, pathology, plus practice management subjects in business & marketing.

Furthermore you will learn clinical assessment techniques and a wide range of remedial treatments including Myofascial Release, Cupping and Remedial Sports massage to name just a few.

This gives you the qualification you require to meet the expectations of today's consumers and the expertise to provide your clients with the most complete service.

The Diploma of Remedial Massage is recognised by most private health insurance companies, WorkCover and other government agencies giving you access to another lucrative market.

## What the Diploma does for you

The principal aim of the Diploma of Remedial Massage is towards developing your skills in all areas so you can serve your clients as a Remedial Massage Therapist and work in an integrated way with other health professionals. It will give you extra work skills and qualifications that will increase the amount of patients you will be able to treat.

## Assessment & Treatment Approach

Your classes in the Remedial Massage course focus on Musculoskeletal Assessment, Remedial Treatment Techniques and Clinical Practice. Assignments and workbooks are designed to improve your ability to work with referring practitioners, particularly in relation to assessing clients, preparing and carrying out integrated treatment plans, and monitoring and reporting progress.

## Remedial Massage Studies

An extensive range of subjects give you the opportunity to develop your massage skills at a higher level, particularly in relation to remedial techniques to alleviate pain and restore function. Wider experience and capabilities will offer you a greater earning potential when you graduate.

## Study Modes

This course may be taken either full time or part time. Classroom based training plus partial online completion available.

## Work Experience

We believe in creating the most highly skilled and marketable massage therapists. Opportunities exist to gain experience at football clubs, corporate events and clinical experience, giving you a significant head start when you graduate.

## Accreditation

MIMT is a Registered Training Organisation with the Australian Skills & Qualifications Authority. This is a nationally recognised course (Course code: HLT52015)



## Course Prerequisites

The Diploma of Remedial Massage has no prerequisites.

## Funding

Students taking the course full-time are eligible to apply for Austudy, Abstudy or Youth Support benefits.

**Skills First** funding is available for eligible students. (This training is delivered with Victorian & Commonwealth Government funding).

**VET Student Loans** is also available for this course. This is an Australian government loan scheme that assists students to pay their tuition fees.

A VET student loan gives rise to a HELP debt that continues to be a debt due to the Commonwealth until it is repaid.

Eligibility criteria and terms & conditions apply. Please see website for further details. Maximum tuition fee \$14,750.

## Further Study

Once you have successfully completed the Diploma of Remedial Massage, candidates may wish to undertake the Advanced Diploma of Myotherapy (22316VIC)

Diploma graduates commonly undertake continuing study at MIMT in professional development courses, workshops and seminars to maintain and develop their knowledge and skills. These are just some of the many reasons why MIMT is Victoria's premier Remedial Massage College.

## Course Study Options

Classes are run full time over a 12 month duration with class times between 9.30am and 4.15pm.

Part time study is generally two evenings per week and one weekend per month over a 18 month period.

Please contact our Course Advisors for a detailed timetable.

After completion of all the units of competency, you will be awarded the Nationally Recognised Diploma of Remedial Massage (HLT52015).

## DIPLOMA SUBJECT DESCRIPTIONS

### Health Science Subjects:

#### Body Organisation

- An understanding of the basic general structure of the human body at both microscopic and gross level
- The ability to describe regions of the body using elementary anatomical terms

#### Musculoskeletal Anatomy

- A recognition of the roles of bones, joints and muscles in relation to human movement
- Motivation for further learning in the fields of anatomy and kinesiology (human movement)
- The knowledge and skill required to relate theoretical anatomy of bones, muscles and joints to clinical massage work and thus to recognise all structures palpated during massage

#### Systemic Anatomy & Physiology

- An understanding of the physiological capabilities and contribution of each of the body systems and the organisation and anatomical structures pertaining to each of those systems
- Enable students to relate aspects of physiology to the practice of remedial massage and to the maintenance of health and wellbeing

#### Pathology

- An understanding of common injuries, conditions and of the role of massage in support of the healing process including an awareness of contra-indications and cautions applicable to this therapy

#### Regional Anatomy

- Provides a more detailed knowledge of the body pertaining to movement and support

#### Biomechanics

- Gives students a more detailed understanding of the way in which body parts are designed for movement and the way movement is accomplished and controlled
- Postural analysis

### Business Subjects:

#### Massage Theory & Practice / Business Development

- Both subjects aim to give an overview of personal, industry and business aspects that need to be considered when entering the massage industry

### Practical Components:

#### Massage & Massage Principles

- The skills necessary to give a competent therapeutic massage of the front and back of the body
- Versatility in being able to apply these skills in non-clinical situations e.g home, travel or the workplace
- An awareness of common conditions for which massage is contraindicated or where particular precautions should be observed
- Habits of efficient posture to prevent occupational strain or injury
- The ability to combine the learning acquired in this module to provide a competent whole body massage

#### Lymphatic Drainage

- Provides students with specific techniques in a particular sequence aimed at moving lymphatic fluid through the body

#### Massage Assessment & Treatment

- Apply skills acquired in Massage and Massage Principles in a clinical setting

- Demonstrate ability to adapt massage techniques to the needs of individual clients
- Apply principles of effective massage therapy in preventative work and in the alleviation of common conditions

#### Musculoskeletal Assessment

- Develop in students the ability to perform a physical assessment appropriate for patients presenting for remedial massage. This subject looks at making a different diagnosis of soft tissue dysfunction

#### Sports Massage

- Apply basic and advanced taping techniques
- This subject develops the skills necessary to provide competent massage to facilitate sports performance, promote recovery and assist in the prevention and management of sports injuries

#### Remedial Clinical Practice:

- Develops a professional assessment and skill set to provide a comprehensive treatment protocol in clinical practice. Remedial techniques include:

##### *Stretching*

Introduces the student to the principles and techniques available for static and PNF stretching to better enhance massage treatments.

##### *Trigger Point Therapy*

Enables the student to understand and carry out an effective treatment for myofascial trigger point/referred pain.

##### *Cupping*

The use of vacuum cups to improve muscle integrity.

##### *Myofascial Tension Technique*

Covers the physiology of connective tissue fascia and teaches techniques to release tissue restrictions throughout the entire body.

#### Treatment Protocols

- Provides the student with skills in regard to, clinical practice, professional ethics, referrals, record keeping and report writing

## CAREER OPPORTUNITIES

Remedial Massage Therapists can work in:

- Private Practice
- Multi-disciplinary Clinics
- Allied health
- Elite Sporting Teams

MIMT reserves the right to: amend or change any of its prices, courses, terms, conditions and policies; Accept, reject or defer any application or student: Reschedule courses for whatever reason. People with disabilities are encouraged to apply.



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