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| **NOS OUTCOME** | **KNOWLEDGE** | **PRACTICAL** | **Evidence source** |
| The physiological, circulatory, and neurological effects of massage methods  The indications and contraindications for sports massage techniques | - Understanding of the effects of massage techniques listed below, physiologically, on circulation and the nervous system:  • Soft Tissue Release • Muscle Energy Techniques • Myofascial Techniques • Positional Release  • Neuromuscular  • Trigger Point therapy  - The indications and contra-indications for sports massage techniques listed above  - Describe the protocol to follow for the range of massage techniques above |  |  |
| The clinical signs of human disease and dysfunction to recognise contra-indications, red flags, injury, and underlying pathology | - The stages of soft tissue injury and healing  - How the aging process affects healing  - The psychological effects of injury  - The importance of the inflammatory process  - The pathophysiology of sports injuries  - The effects of overtraining |  |  |
| The musculoskeletal system and its interaction with the nervous system  How to recognise when the presenting condition could be of neurological origin and requires referral to another health care professional | - Understanding of dermatomes and myotomes and their distribution patterns and relationship to pathologies  - The pathophysiology of common neurological injury/soft tissue dysfunction and symptoms displayed. - The need to refer in neurological conditions |  |  |
| The principles of biomechanics to inform assessment, treatment, and aftercare | - Foot deformities and their effects on the body  - The relationship between posture, centre of gravity, balance, and movement |  |  |
| The clinical signs of human disease and dysfunction to recognise contra-indications, red flags, injury, and underlying pathology | - Stages of soft tissue injury and healing  - How the aging process affects healing  - Psychological effects of injury  - The importance of the inflammatory process  - Pathophysiology of sports injuries  - Effects of overtraining |  |  |
| The actions and side effects of major classes of drugs to understand the impact medication may have on a client’s condition | - An understanding of the actions, side effects and symptom relief of common medications (a simple worksheet is available for this if required) |  |  |
| The effects, methods, indications, contraindications to the application of ice and heat | - The physiological, neurological, and therapeutic effects of heat and ice  - The contraindications and application methods of heat and ice  - Evidence based reasoning for their use, or not |  |  |
| Review any previous treatment notes where applicable and confirm there have been no changes since any previous treatment |  | - Evaluate changes since previous treatment to inform subsequent assessment and treatment planning |  |
| Sport specific issues which may influence treatment  How to analyse the signs of postural defect, injury, asymmetry, and biomechanical dysfunction | - The effects of postural deviation affecting sporting performance and how treatment should be adapted accordingly  - Links between poor posture and injury, and how faulty movement patterns result in biomechanical dysfunction |  |  |
| The importance of obtaining information to:  a) make an informed hypothesis about the nature of the client's conditions b) identify pre-existing conditions c) identify cautions, contraindications, and red flags | - How subjective information informs objective testing |  |  |
| The possible influence of yellow flags on treatment outcome | - The effect of yellow flags on treatment outcome |  |  |
| The palpatory characteristics of normal and abnormal body tissues | - The anatomy, physiology, and pathology of normal and abnormal palpable tissue |  |  |
| The normal range of movement measurements available at each joint | - Why a joint might deviate from normal ROM  - Evaluation of methods of measuring ROM |  |  |
| The normal and possible abnormal end feel at each joint when performing passive range of movement | - The pathology associated with abnormal end feel |  |  |
| The method and measurement scales of strength testing methods | - Critique the grading scales of muscle strength testing |  |  |
| Problem solving skills to plan and justify treatment | - Explain the process of clinical reasoning and stages of problem solving |  |  |
| Use research, clinical reasoning, and problem-solving skills to determine the most effective treatment plan  Justify the sports massage treatment plan | - Identify the detrimental effects of poor digit/extremity support, incorrect posture, and body mechanics during application of massage - Critically evaluate the use of various treatment techniques to treat a range of pathologies |  |  |
| How to select the correct techniques to meet the desired outcomes for pre-event, inter-event, post event, maintenance, and injury treatments | - Using research, clinical reasoning and problem-solving skills to determine the most effective treatment plan and be able to justify their use |  |  |
| Observe, palpate, assess and move the pertinent body parts in ways that are appropriate to the client and their needs |  | - Palpate soft structures associated with treatment area - Consider the severity, nature, and irritability of a client's condition during assessment - Assess and document results of basic functional tests - Carry out and document results of orthopaedic tests - Carry out and document a basic neural assessment  - Assess the stage of soft tissue repair  - Differentiate between severity of injuries |  |
| 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 |  | - Analyse information gathered from subjective assessment to inform selection of relevant objective assessments  - Justify rationale for chosen massage strategy - Demonstrate a systematic and logical approach to problem solving to ensure optimum treatment |  |
| Adapt the treatment in response to presented pre-existing conditions and disease processes |  | - Determine how massage strategies can positively affect pre-existing conditions or disease processes |  |
| Determine and record subjective and/or objective measurable outcomes |  | - Quantify and record relevant measurable outcomes to evaluate treatment efficiency, (tests to include orthopaedic tests, functional tests, neural tests as well as basic others) |  |
| Describe the protocol to follow for the range of massage techniques | - Relate the anatomy and possible pathologies of the lymphatic system to the use of massage to encourage lymphatic drainage.  Identify client positioning and the protocol for massage methods to optimise lymphatic drainage |  |  |
| The information required when communicating with other health care professionals | - The skills required to work as part of a multidisciplinary team |  |  |
| How to provide:  - advice about specific conditions pertaining to treatment - homecare advice for the management of treatment injury  Provide the client with information and aftercare advice specific to their condition | - Describe homecare advice specific to condition and management of treatment injury | - Present injury specific advice to client offering the opportunity for questions - Present injury specific advice for acute injury - Propose aftercare which provides for postural correction - Evaluate the effectiveness of aftercare treatment in follow up treatments |  |
| How to evaluate the effectiveness of sports massage treatment to support future actions  Evaluate with the client the outcomes and effectiveness of the treatment to support future plans and actions | - Describe methods of self-reflection | - Reflect and record details of treatment evaluation and personal practise  - Engage in evidence-based practice |  |