

**Compulsory units for the Diploma of Remedial Massage: Cost \$6440.00**

**Pre-requisite: Certificate IV in Massage Therapy Practice HLT40307**

**Sports Therapies**

Pre-requisite: Remedial Massage

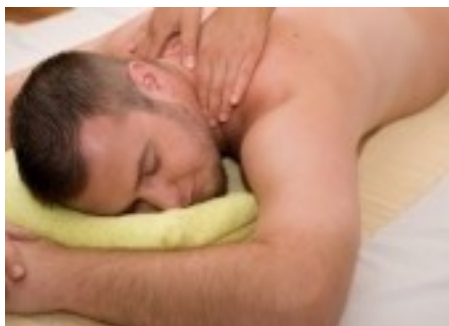
Sports therapies specifically focus on the prevention of injury and the rehabilitation of the patient back to optimum levels. This is a great course for people who wish to work in the fields of sport, dance, exercise & Fitness.

Some techniques include:

- thermotherapy
- Cryotherapy and;
- Tactile techniques

Also have the understand to design advanced treatment plans, corrective exercises and self management plans for your clients.

**Clinic hours:** 30



**Myofascial Release Therapy**

Pre-requisite: Remedial Massage

Myofascial release is a form of soft tissue therapy to promote healing, pain relief and release by using a gentle blend of stretching and massage. The use of palpation techniques learning transverse, cross fibre, vertical and scar tissue release, concentrating of the various regions of the body to:

- Lengthen tissue
- Reduce adhesions
- Increase movement
- Decrease compartment pressure
- Restore elasticity

**Clinic hours:** 30

**Establishing a Clinical Practice**

Learn how to design effective advertising brochures, business cards and pamphlets for your practice; consider the financial implications and material necessities for your . Covers the creative and practical basics of beginning your own successful business with the development of a business plan.

**Pathophysiology**

Pre-requisite: Anatomy & Physiology

You will be introduced to the basic

pathological processes of the body, the methodology of history taking, physical examination and the study of diseases in each of the body systems. You will learn the special language skills you need to be able to confer with other health

professionals, write reports and referrals, understand the way medical

terminology is "put together" and learn the common abbreviations used by mainstream health professionals in liaising with each other, and with you.

**Specialised services for people with life challenging illness, chronic diseases or conditions**

Pre-requisite: Anatomy & Physiology

Gain the skill and knowledge required to provide therapeutic support treatments for clients who are facing life challenging conditions and chronic health problems.

Units includes:

- Common chronic conditions
- Services you can provide
- Modifications to massage treatment
- Understanding how to work within a health care team

**Nutrition**

Gives natural therapists, people in the fitness and sports industries, community health, working in aged and maternal care etc, a greater understanding of nutrition, herbs and supplements, dietetic advice, eating disorders and more. When you have completed this course of study you are able to offer nutritional advice to your clients.



Common units:

- CHCORG28A—Reflect and improve upon professional practice
- HLTAP501B—Analyse health information
- HLTCOM502C—Develop professional expertise
- HLTCOM503C—Manage a practice
- HLTHIR501B—Maintain an effective health work environment
- HLTHIR506C—Implement and monitor compliance with legal and ethical requirements

Specialisation units:

- HLTREM502C—Provide remedial massage treatment
- HLTREM503C—Plan remedial massage treatment strategy
- HLTREM504C—Apply remedial massage assessment framework
- HLTREM505C—Perform remedial massage health assessment
- HLTREM510C—Provide specialized remedial massage treatments

Electives:

- HLTREM513B—Provide remedial massage treatment to athletes
- HLTCOM510B—Provide services to clients with chronic diseases or conditions
- HLTCOM509B—Provide services for people with a life challenging illness

**Manual Lymphatic Drainage**

Pre-requisite: Anatomy & Physiology

Learn the basic principles and techniques of lymphatic drainage massage. Being able to give a good lymphatic drainage massage is becoming a highly sought after skill often recommended by naturopaths to aid in detoxification.

**Trigger Point Release**

Pre-requisite: Remedial Massage

Trigger point release techniques are used to help release tight knotted muscles by using gentle pressing of fingers on the trigger points of each muscle. You will learn how trigger points affect the body, how to alleviate the pain associated with trigger points and how to perform a trigger point release.

It incorporates:

- Ischemic pressure
- Stretching

**Clinic hours:** 30

**The Diploma in Remedial Massage (HLT50307) will give you the opportunity to offer specialised remedial massage treatments for specific client groups, conditions or diseases using a high level of remedial massage knowledge and techniques. Some health funds only approve Diploma Level Students.**