



## What is Remedial Massage?

This course will set you up for a career in remedial massage therapy! Remedial massage is used to treat muscular dysfunction in a specific area or region in the body. Techniques can include components of relaxation massage, deep tissue massage with additional techniques enabling the manipulation of the soft tissues and treatment of muscular dysfunction. Remedial massage also includes trigger point therapy to dissolve muscle knots and soft tissue restrictions. Specific assessment and treatment procedures are performed from a clinical perspective such as range of motion (ROM) assessments and muscle energy technique (MET)- a specialized stretching and mobility technique used to help normalize muscle and joint function. In this course you will learn all the newest techniques and underpinning knowledge to be able to work as a Remedial Massage Therapist once qualified. The Australasian College of Massage and Myotherapy has a strong emphasis on understating anatomy and physiology alongside good palpitation and communication skills. This will allow our graduate students to confidently use manual therapy techniques to treat a variety of musculoskeletal conditions.

### Duration

12 Months full time. The amount of training equate to roughly 2100 hours. The on campus components will consist of 40 Tuesdays from 9-5 and 320 hours on campus and include practical demonstrations, assessments and some theory. There will be no training during school holidays. Students are required to complete an additional 200 hours of log book hours on campus. Students are required to complete around 30 hours of structured learning at home per week. This will include textbook reading, watching lectures, conducting research and practising massage skills.

### Provided by the RTO

To support your studies we will provide:

- An online interactive digital platform with all the learning resources.
- Research database to conduct research for assignments.
- Ongoing support and help
- Issuance of certification documentation upon successful completion.

### Important information about this course

To be registered with private health funds please read this information. (Our course complies with this legislation)

<https://www.massagemyotherapy.com.au/Home/Health-Funds>

### Additional Resources

Students need to purchase a uniform. (\$69.50)  
Internet and a computer are required for this course.  
Students will need to purchase the required textbooks.  
Students need to purchase linen, massage oil and a massage table to practice at home. Students can find their own supplies or purchase our kit. The kit includes a massage table for at home to practice along with sheets, linen and massage oil. (\$550)

### Mode of Assessment

The delivery of the course will be blended learning. The theory will be delivered online. You will have a designated lecturer assigned to assist you. The practical components will be delivered on campus. The on-campus training will include 40 days on-campus over pre-determined Tuesdays. All practical components will be delivered face-to-face, including the 200 clinical hours. Additional practical hours are to be completed in the student clinic. The units include relaxation massage (40 hours) and remedial massage (160 hours). Please contact your lecturer to find a regular time for you to come in for your clinic hours. The hours are dependant on the clinic opening hours.

### Location

3/31 Fortune Street Narrogin WA 6312

### Course Fee

\$9550



NATIONALLY RECOGNISED  
TRAINING



## Course Description

This course includes a combination of self-study and a classroom using a simulated environment.

## Overview

This course covers the following

BSBESB401	Research and develop business plans
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPOL003	Research and apply evidence to practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP002	Confirm physical health status
HLTAAP003	Analyse and respond to client health information
HLTINF004	Manage the prevention and control of infection
HLTMSG009	Develop massage practice
HLTMSG010	Assess client massage needs
HLTMSG011	Provide massage treatments
HLTMSG013	Perform remedial massage musculoskeletal assessments
HLTMSG014	Provide remedial massage treatments
HLTMSG015	Adapt remedial massage treatments to meet specific needs
HLTMSG016	Apply principles of pain neuroscience
HLTMSG017	Apply remedial massage clinical practice
HLTWHS004	Manage work health and safety
ELECTIVE UNITS	
BSBESB404	Market new business ventures
HLTMSG018	Adapt massage practice for athletes
HLTREF002	Provide reflexology for relaxation

## Recognition of Prior Learning

All individual students are offered the opportunity to apply for RPL, please see the Student Handbook or enquire at the RTO for the procedure on how to apply.

## Selection Criteria

Our course requires that you are:

- Aged 18 years or older.
- Access and ability to use a computer.
- Completion of WACE General or ATAR (Minimum C Grades) or equivalent.
- An LLN quiz will need to be completed prior to enrolling.
- Have a massage table and supplies to practice at home.
- Have a computer and stable internet.
- Be fit and healthy to perform the practical components.