

Holistic & Therapeutic Massage Diploma

Holistic Massage Practical - Scheme of Work

Learning Outcome	Core Curriculum
<i>Understand and demonstrate the importance of self care when practicing massage</i>	Importance of posture Pre massage exercises Breathing techniques Centreing Use of the body
<i>Understand and demonstrate the importance of continuity throughout the massage</i>	Long connective strokes Continual contact Logical sequence of movements Coverage of the whole body
<i>Understand and explain the OSM essentials to massage</i>	Centring, Continual Contact, Focus, Posture, Inner state of mind, Whole body strokes, No over-reaching Being grounded, Rhythm Rounded strokes, Pressure,
<i>Understand, explain and demonstrate the major massage techniques</i>	Effleurage, Petrissage, Friction, Percussion, Vibration Muscle stretching, Joint mobility Neuromuscular techniques Gentle massage, Seated massage How to use the different techniques When to use the different techniques What does each technique do
<i>Understand and demonstrate the ability to adapt the massage routine to the condition being treated</i>	Emotional stress related conditions Muscular over/under use Muscular spasm Muscular imbalance Long term illness Terminal illness
<i>Understand and demonstrate the importance of professional appearance</i>	Dress code Jewellery Footwear Nail care

Personal hygiene

Understand and demonstrate appropriate client care

Explaining the treatment to the client
Protecting client modesty
Appropriate support methods
Towel techniques
Helping the client on and off the couch
Adapting techniques to suit client
Advice after treatment