

Protocol for Level 5 Sports Massage Practical Exam

Obtain consent: Prior to and during assessment practitioner explains nature, purpose, risks and alternatives of test/s, opportunity to refuse, boundaries of consent.

Physical assessment of client to be done before exam.

Head: Turned- look for tight SCM. Tilted - look for tight Scalenes.

Shoulders: Rounded- look for tight Pectoralis Minor. Elevated- look for tight Levator scapula.

Back: normal curvature, excessive curvature or flat sections – what part is affected?

Lumbar

- Deep curve = tight erectors, multifidus, upper fibres of psoas and possible anterior pelvic tilt
- Flat low back = Weak erectors, tight lower fibres of psoas and possible posterior pelvic tilt

Thoracic

- Kyphosis = Weak laterally migrated erectors and tight superficial front fascial line. Facet joints locked open.
- Flat spots = Tight Medially migrated erectors and multifidus. Facet joints locked closed

Pelvis: check level of ASIS and PSIS. Look for pelvic -

- Torsion = Typically low right ASIS with high right PSIS
- Rotation = Typically right ASIS appears more forward (anterior)
- Up-slip = ASIS and PSIS will appear higher on the same side

Legs: check level of knee caps and/or knee crease at the back of the knee.

Feet: check which way the toes are pointing, check the arches and check the achilles tendon.

Posture: check for presentation of upper crossed and/or lower crossed syndromes, excessive curvatures of the spine and sway back knees

Body type: Ectomorph? Mesomorph? Endomorph? Or a combination of these.

Muscle definition: check muscle bulk- compare one side to the other. Does the muscle feel firm, which indicates good tone, is there any hypertonic muscles (too much tone/ muscle tension- firm with nodules present) or does it feel very soft/slack (hypotonic- too little tone) which indicates it is lacking tone.

Timing of the practical exam:

1. **Assessment** – 20 minutes (30 marks – 6 marks each)

1. Perform objective assessments relative to the client's specific condition and needs

- carried out range of movement (active, passive), Muscle resistance tests, postural analysis, special tests (ligamentous, neural, labral, cartilage), *Dermatome assessment of sensation* - sharp/soft, hot/cold, light touch.

2. Perform complex assessments to include all the joints of the body

- Ankle, Knee, Hip, Shoulder, Elbow/Wrist/Hand

3. Make comparison with opposite side and surrounding tissue

- Be sure to compare left and right

4. Perform relevant peripheral joint manipulations (movements)

5. Ask questions specific to the injury

Red flags: Potentially serious conditions requiring urgent medical assessment (chest pain, severe worsening pain, unexplained weight loss, history of cancer, bilateral symptoms, neurological deficit, reduced anal tone, bladder retention).

Yellow Flags: Psychosocial indicator of potential long term disability/pain, severe or increased pain at presentation, previous pain episodes, multiple pain sites, belief that pain and activity are harmful, catastrophic thinking, passive coping strategies, high levels of distress, low or negative moods, social withdrawal/ dysfunction, problems at work, poor job satisfaction, overprotective family or lack of support.

Note: Subjective assessment performed before exam by filling out case study form for Level 5 Unit 460. Objective assessments include active, passive and resisted tests and gait analysis if relevant to the condition the client presents with.

2. **Treatment** – 20-30 minutes (35 marks – 7 marks each)

1. Explain the rationale and indications for treatment - Indications for use of specific techniques, meet clinical aims and objectives, meet clients needs and expectations / short, medium and long term goals, agreement with patient.
2. Discuss suitable strategies for dysfunctional tissue - Information given to patient to obtain informed consent, justification of treatment plan, remove misconceptions by explaining treatment, ensure treatment meets patient's expectations, ensure understanding and preparation of patient for treatment, introduce equipment, massage medium, positioning, patient instructions.
3. Demonstrated suitable movements to warm the area initially - CTM, Myofascial techniques
4. Correctly demonstrate suitable complex massage techniques for the client's needs - STR, NMT (trigger points), MET/PNF, Positional release, Myoskeletal joint mobilisation and decompression and Active Isolated Stretching
5. Ensure client comfort and pain tolerance was referred to throughout

Questions to ask during treatment:

How did you feel before and after treatment?

Note: Differentiate between different structures and how to test them.

Cartilage – bring bones together, compress joint and move bones – if there is pain the cartilaginous structure is damaged.

Ligaments – perform varus and valgus tests – stress the ligamentous tissue to determine if the joint is unstable or stable and has joint centration.

Muscle/Tendon – perform a resisted test to determine general information about the injury, indicate the severity of the injury and indicate the movement that causes discomfort.

Most importantly verbalise your reason for doing a test or technique and state what you found.

3. **Aftercare and home-care advice** – 10 minutes (10 marks – 2 marks each)

The candidate:

1. Advised on mobility relevant to the condition - encourage release of synovial fluid, prevents adhesions, elongates soft tissue, stimulates nervous system, encourages circulation

2. Advised on early proprioception exercises - promotes neuromuscular activity, regains control of joint, retrains afferent pathways, feed forward and feedback mechanism, stimulate mechanoreceptors, stimulate muscle spindles, stimulate Golgi tendon organs, restore balance.

3. Advised on strengthening exercises - to provide stabilising strength to a joint, improve muscle balance and joint function.

4. Advised the client of the importance of rest and relaxation

5. Discussed the importance of an injury prevention plan

- Give advice on the importance of rest and relaxation.
- Tell the client of the short term benefits of Sports Massage
- Recommend immediate aftercare
- Advise on the benefits of stretching
- Advise healthy eating habits

Above all ensure that you give a Safe and Effective Treatment