

HLT52015

Diploma of Remedial Massage (Advanced Rehab Program)

Become a nationally accredited, world-class remedial
massage therapist

*Q Academy does not guarantee career or employment outcomes for students or graduates.

Introduction to The HLT52015 Diploma of Remedial Massage (Advanced Rehab Program)



Why Study Remedial Massage (Advanced Rehab Program)?

The Advanced Rehab Program is unique to Q Academy. It is an expanded course with highly sought-after remedial skills and techniques, to give graduates of the program a competitive advantage over other Remedial Therapists.

The course includes advanced techniques and treatment options from the highest VET qualification in the manual therapies, the 22316VIC Advanced Diploma of Myotherapy. These practical skills such as Remedial TENs, Myofascial Cupping, and Kinesiology Taping have been included to make you sought-after by both clients and employers.

With a strong focus on rehabilitation, exercise therapy, injury prevention screening and expanded modalities and treatment options, graduates of the program have many exciting career opportunities. Have the freedom to work in a massage clinic, establish your own small business, or work in a multi-modality clinic alongside physios and chiropractors.



Course Comparison Table

	Diploma of Remedial Massage (HEALTH & WELLNESS PROGRAM)	Diploma of Remedial Massage (ADVANCED REHAB PROGRAM)	Diploma of Remedial Massage (SPORTS THERAPY PROGRAM)	Diploma of Remedial Massage Online
Course Descriptions	Our Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is the most cost-effective way to become a Remedial Therapist, so you can start a career in the manual therapies industry. The subjects have been selected to suit students interested in pursuing a career in the wellness space, working in spas or clinics, or establishing their own at-home business.	If you are looking for a more advanced option, to give yourself a competitive advantage over other Remedial Therapists, then the Advanced Remedial Therapy Program is for you. It includes additional practical skills and techniques, such as Myofascial Cupping and TENS, subjects taken from the highest VET qualification in the manual therapies, the 22316VIC Advanced Diploma of Myotherapy. Your extra skills and treatment options can make you more sought after by both clients and employers.	If you have an interest in sports, and are looking for a way to turn a passion into a career, or if you want to learn how the human body works, and how to treat, train and rehabilitate athletes - then you will benefit from completing the Sports Therapy Program. Not only will you be a qualified Remedial Massage Therapist, but you will also have skills and practical experiences providing strength and conditioning coaching, sports training, advanced first aid and much more!	Our Online Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is the most flexible way to become a Remedial Therapist (being that you can study from home), so you can start a career in the manual therapies industry with a blend of practical remedial massage techniques plus nutrition to support general client wellness.
Qualification Outcomes	HLT52015 Diploma of Remedial Massage.	HLT52015 Diploma of Remedial Massage, plus statement of attainments for Remedial TENS, Myofascial Cupping, Kinesiology Taping and Thai Massage.	HLT52015 Diploma of Remedial Massage, plus ASCA Level 1 Strength and Conditioning as well as SIS30813 Certificate III in Sports Trainer.	HLT52015 Diploma of Remedial Massage Online.
Career Outcomes	Work as a small business owner, running your own at-home or mobile massage clinic. Or work in private practice, treating members of your local community.	You will have all of the career opportunities as a Remedial Therapist, but with additional opportunities to use your advanced knowledge and remedial techniques. Use your expanded skills in Remedial Massage to work in multi-modality clinics, treating alongside physiotherapists, osteopaths and chiropractors.	These qualifications span multiple industries, which could give you many exciting career opportunities. You could work alongside sports and community clubs, elite athletes, professional teams, coaches, trainers and physiotherapists.	Work as a small business owner, running your own massage clinic. Travel the world on a cruiseship, as their on-board massage therapist. Or work in private practice, treating members of your local community.
Course Cost	\$10,350	\$15,000	\$16,560	\$8,820
Eligible for VET Student Loan	Yes, up to \$10,350	Yes, up to \$15,000	Yes, up to \$15,000	Yes, up to \$8,820
Course Duration	47 weeks (35 weeks on-campus)	47 weeks (42 weeks on-campus)	59 weeks (47 weeks on-campus)	Up to 21 months, self-paced at home
Course Delivery	E-Classroom Learning	On-Campus Learning	On-Campus Learning	Online Learning
Training Hours	625 hours of quality training	715 hours of comprehensive training	800+ hours of extensive training	625 hours of quality training

Q Academy does not guarantee graduation, career or employment outcomes for students



Advanced Rehab Benefits

Many therapists are turning to further education and additional short courses to enhance their attractiveness to both clients and employers.

The Advanced Rehab Program is unique to Q Academy and will include many expanded techniques and modalities. It also includes content such as myofascial cupping and TENs, from the highest VET qualification in the manual therapies - the 22316VIC Advanced Diploma of Myotherapy. This extra content is not included in any other Diploma of Remedial Massage program (that we know of!).

This will give graduates of the Advanced Rehab Program an additional 90 hours of training compared to the Diploma of Remedial Massage (Health and Wellness Program); a more comprehensive understanding of the human body; and greater practical skills, to give these therapists a significant competitive advantage over other remedial therapists.

The Advanced Rehab Program upgrade bundle has a combined course value of over \$6,000, which we are offering for \$4,650. Which brings the total cost of the course to \$15,000.

Graduate ahead of your peers with an expanded knowledge and skill-set! The Diploma of Remedial Massage (Advanced Rehab Program) offers the following benefits:

- Additional 90 training hours
- Expanded content, skills and extra statement of attainments
- Free Re-sit and Refresh Guarantee (includes First Aid)
- The content included in the Advanced Rehab program has a combined short course value of over \$6K
- Includes content from the 22316VIC Advanced Diploma of Myotherapy (Cupping and TENS)
- Includes expanded techniques such as Thai Massage, exercise therapy, rigid and Kinesiology Taping
- Includes additional muscles taught, joint mobilisations, neuromuscular techniques and myofascial release techniques
- Greater employment potential/opportunities



Course Details

Entry Requirements

A sound understanding of written and spoken English is required. An interest in the functionality of the human body as well as the health and wellbeing of others is recommended. Students are also expected to have access to a laptop or computer with internet access for both on-campus and at-home learning.

Start Dates

We have a number of intakes throughout the year, across 3 different campuses. Please contact your nearest campus on 1300 20 40 80 for more information.

Course Duration

1 year full-time. The Diploma of Remedial Massage (Advanced Rehab Program) has 42 weeks of on-campus study.

Course Locations

We have 3 campus locations across South-East Queensland:

Brisbane: 100 Brookes St, Fortitude Valley 4006

Gold Coast: Level 1, Robina Town Centre
(above Myer), Robina 4230

Sunshine Coast: 64C Aerodrome Road,
Maroochydore 4558

Course Inclusions

Two student shirts, an oil bottle and holster, and 24/7 online access to course learning materials over the full duration of the course is included in the cost.

Resit and Refresh Guarantee

Q Academy has a unique Re-sit and Refresh Guarantee. This means that once you have graduated, you are welcome to come back on-campus and re-sit or refresh any part of your course, while the course is current, for no additional cost. This includes free First Aid updates; potentially saving graduates hundreds of dollars over their career!

Program Schedule

Q Academy's HLT52015 Diploma of Remedial Massage is made up of a total of 715 hours. For the first 5 weeks of the course, you will attend 2 in-class days per week. From week 6 onwards, it will then be 1 day in the classroom and 1 day treating in Q Academy's student clinic.

Course Workload

Throughout the course, you will be expected to complete 6-12 hours of independent at-home study per week, in addition to your classroom and clinic hours.



Student Clinic

Clinical Practice

As part of the requirements for the HLT52015 Diploma of Remedial Massage (Advanced Rehab Program), you will need to complete a minimum 200 hours of clinical practice. The course schedule has been designed so the hours are evenly distributed over the duration of the program - giving you frequent and consistent practice treating a variety of clients.

To facilitate student learning and practice, Q Academy has established a student clinic which is open to the public. Under the supervision of a course coach, students are given extensive experience in managing a clinic and treating clients in a professional setting.

Please note that the days, hours and location of your clinical practice is subject to availability. To reflect industry practice, our student clinic is open weekdays and weekends, both daytime and evening sessions. At the start of each term you can select your preferred clinic hours, to fit around your work and family commitments. We will always do our best to make this as convenient as possible, but we may not always be able to offer you your first preference. Your flexibility and understanding is appreciated.

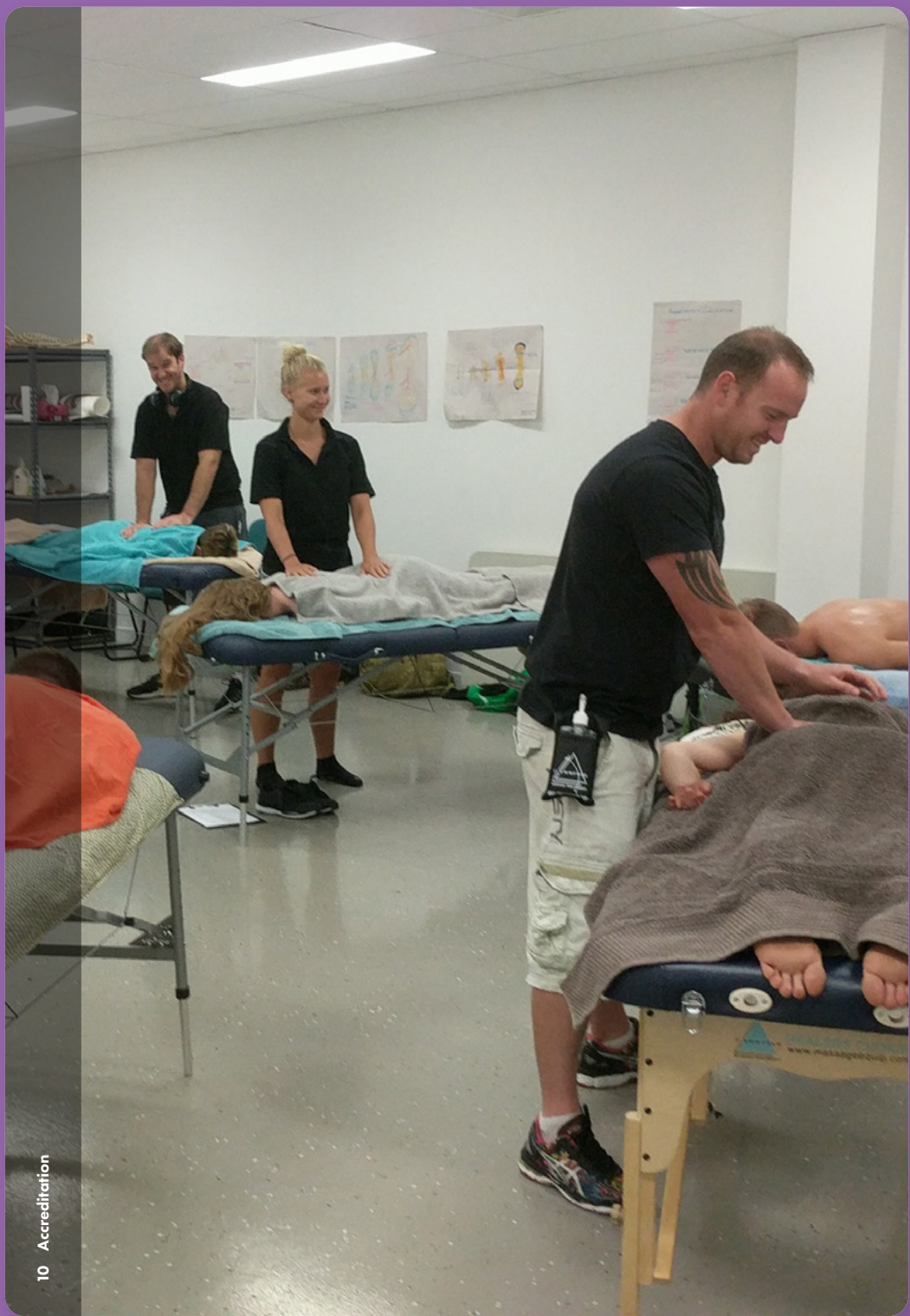
Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Remedial Therapist. When you complete the clinical practice component of the course, Q Academy will provide the massage tables, towels, oil, and clients to practice on while you are treating in the Student Clinic.

Industry Exposure and External Events

With Q Academy continually developing exciting initiatives and partnerships in the wider community, you may be given exposure and experience treating at external events. This would be part of your clinic placement hours, and organised and supervised by your course coaches. This can include sporting, community, corporate events and industry expos. Recent Q Academy students have had the opportunity to support AFL Queensland by offering weekly sports massage sessions on game nights, right beside all the on-field action.

Students have also been involved in providing treatments at community and corporate events with NAB Bank, Crossfit, Ultimate Frisbee and Mental Health Week.



Accreditation

Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy is approved to offer the HLT52015 Diploma of Remedial Massage (Advanced Rehab Program), which is a Nationally Accredited course.



Private Healthcare Compliance

Q Academy's HLT52015 Diploma of Remedial Massage (Advanced Rehab Program) is all major private healthcare (including Medibank) compliant. This means that graduates are eligible to obtain a private healthcare insurance provider number, allowing them to offer clients healthcare rebates for remedial massage.

Professional Accreditation

The HLT52015 Diploma of Remedial of Massage course is recognised by leading industry associations such as Massage and Myotherapy Australia (MMA), Australian Natural Therapists Association (ANTA) and the Association of Massage Therapists (AMT). Graduates of this course may apply for membership with any of these associations, after graduation, once they have received their Record of Results.





Course Fees and Finance

The HLT52015 Diploma of Remedial Massage (Advanced Rehab Program) is \$15,000 (+ \$100 materials fee).

HLT52015 Diploma of Remedial Massage (Advanced Rehab Program)

Payment options

We offer two payment options for interested students: self-finance the course cost, or eligible students can utilise the Government's VET Student Loan funding.

✓ VET STUDENT LOAN

✓ SELF-FUNDED

Self-financing

The \$15,000 course cost for the HLT52015 Diploma of Remedial Massage (Advanced Rehab Program) will be divided into 12 instalments of \$1,250.

VET Student Loan

For eligible students, VET Student Loan funding may be available. A VET Student Loan is a loan from the Australian Government that helps eligible students pay for some or all of their tuition fees. You may wish to seek independent financial advice before applying.

For eligible and approved students, the total cost of the course can be fully covered by the VET Student Loan scheme.

VET Student Loans



Units of Competency

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
HLTINF004	Manage the prevention and control of infection
HLTHPS010	Interpret and use information about nutrition and diet
HLTMSG008	Monitor and evaluate remedial massage treatments
BSBMED401	Manage patient recordkeeping system
CHCLEG003	Manage legal and ethical compliance
HLTAID003	Provide first aid
HLTWHS004	Manage work health and safety
HLTMSG001	Develop massage practice
HLTREF002	Provide reflexology for relaxation
BSBSMB404	Undertake small business planning
CHCPRP003	Reflect on and improve own professional practice
SISSPT001	Implement sport injury prevention and management strategies
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatments
HLTMSG005	Provide remedial massage treatments
HLTMSG003	Perform remedial massage musculoskeletal assessments
HLTMSG006	Adapt remedial massage treatments to meet specific needs
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information



Subjects in the Diploma of Remedial Massage (Advanced Rehab Program)

	Practical Components	Theoretical Components
Diploma of Remedial Massage	Swedish Massage	Anatomy and Physiology of Body Systems
	Remedial Trigger Point/ Neuromuscular Therapy	Planning for Indications and Contraindication for Massage Success
	Shiatsu	Professional Communication
	Sports Massage	Legal Considerations
	Thermotherapy	Building and Running a Successful Massage Business
	Lymphatic Massage	Treatment Planning
	Seated Massage	Working in Collaboration with Health Professionals
	Pregnancy Massage	Safe Work Practices
	Special Needs Massage	Infection Control
	Myofascial Release (MFR)	The Science of Massage Therapy
	Positional Release Technique (PRT)	Communication and Working with Diversity
	Muscle Energy Techniques (MET)	Designing a Safe and Effective Massage Environment
	Manual Lymphatic Drainage (MLD)	Client Record Keeping
	proprioceptive neuromuscular facilitation (PNF)	Massage History and Origins
	Neuromuscular Techniques (NMT)	Musculoskeletal Anatomy and Function
	Injury Prevention and Movement Screening	Body Biomechanics
	Provide nutrition advice	
	Case Studies	
	Clinical Experience	
	Musculoskeletal Assessments	
Advanced Rehab Program	Thai Massage	
	Myofascial Release (MFR)	
	Positional Release Technique (PRT)	
	Muscle Energy Techniques (MET)	
	Neuromuscular Techniques (NMT)	
	Rehabilitation Exercises	
	Musculoskeletal Assessments	
	Cupping	
	TENS Machine Application	
	Joint Mobilizations	
	Rigid Tape	
	Kinesiology Taping	

Subject Descriptions: HLT52015 Diploma of Remedial Massage

Industry Essentials

This subject sets the scene for a career in the massage industry by covering the following topics: communication, goal setting, scope of practice, medical terminology, client screening and record keeping.

Safe Practice

This subject is essential for a professional therapist. The knowledge covered in this subject is very important during the professional career of any therapists and can help a therapist ensure the treatments they perform are done safely for the client and also for the therapist from a legal point of view.

Anatomy and Physiology - Muscles

Manual therapy requires an in-depth knowledge of bony anatomy and muscles; this subject covers bony landmarks in detail and the origin, insertion, action and innervation of the muscles which a therapist could expect to be treating.

Anatomy and Physiology - Systems

This subject covers cells, tissues, and each of the 11 major systems of the body and their integration and control. As part of the health industry, therapists are required to have a general understanding of the major systems of the body to be able to provide the right care for the clients, always following the scope of practice.

Massage Business

Students learn how to establish, operate, and grow a successful massage business. This subject covers best practice in sales and marketing strategies, business finance, excellence in customer service, leadership, and personal and professional development.

Massage Practice

The full body massage sequence of 140 Swedish strokes to:

- Reduce stress
- Assist lymph function
- Improve circulation
- Enhance relaxation

Students can use these skills to treat: pregnant women, elderly, young and special needs clients. Also included in this wide ranging practical component is corporate seated massage.

Stretching

This subject teaches all the knowledge and skills required to stretch all the major muscles of the body, passively and actively. This allows students to give clients home care options and can help with injury prevention. The use of thermal therapies (heat and ice) are also covered.

Reflexology

Reflexology offers students a short break from our science-based training. This subject introduces students to a traditional Eastern practice of holistic health which can be offered as a stand-alone treatment, or used in conjunction with other techniques to provide one super-treatment. Employers often favour therapists who can offer clients the broadest range of treatment skills, which we support and encourage.

First Aid

The Provide First Aid unit of competency provides students with the skills and knowledge required to provide First Aid response, life support and the management of casualty(s), the incident and other First Aiders until emergency qualified help arrives at the scene of the accident.

Relaxation Clinic

Clinic is the student's most valuable learning experience as a budding new therapist. Students plan, market, manage client's recordkeeping systems and run a public clinic within the college's established facility. Relaxation Clinic is an opportunity to put into practice all of the knowledge and skills learned throughout the relaxation part of the course. During the clinic, students practice and refine their skills under the guidance and support of a Q Academy course coach.



Remedial Massage Foundations

Key topics include:

- Benefits of Remedial Massage
- Scope of practice
- Causes of musculoskeletal dysfunction
- Sensory receptors and reflexes
- Stress and adaptation syndromes
- Record keeping
- Indications and contraindications
- Managing the recovery process

The subject covers the knowledge related to the way the human body works (and commonly doesn't work). The module focuses on each region in detail describing joints and functional tissues of the joints. This module will also cover common dysfunction, pathology and pathophysiology (functional changes that occur due to a disease or pathologic state). Additional knowledge expected from this subject is the knowledge of biology, chemistry and cellular function required for a Remedial Massage Therapist.

Anatomy and Pathophysiology

The subject covers the knowledge related to the way the human body works (and commonly doesn't work). The module focuses into each region in detail describing joints and functional tissues of the joints. This module will also cover common dysfunction, pathology and pathophysiology (functional changes that occur due to a disease or pathologic state). Additional knowledge expected from this subject is the knowledge of biology, chemistry and cellular function required for a Remedial Massage Therapist.

Remedial Techniques Consultation

Students will learn how to perform general assessments that cover the functionality of the human body. Assessment techniques include postural analysis, gait, functional testing as well as professional communication skills to address clients.

Remedial Massage Assessments

This subject focuses on the knowledge and skills for assessment of the specific regions of the body. Range of Motion and its varieties are the main focus of this subject to teach therapists to design the most accurate treatment strategy for the presenting condition.

Remedial Massage Techniques

This subject is the foundation of students' Remedial Massage skills and one of the most comprehensive in the course. Students learn a variety of treatment techniques to be performed on soft tissues, in particular muscles. The techniques covered during this subject include myofascial release (MFR), neuromuscular techniques (NMT), positional release techniques (PRT), and muscle energy techniques (MET).

Remedial Health Information

Health is so much more than what's happening on the outside of the body. As experts in physical health, students learn to recognise the need for clients to address any issues with diet and eating behaviours which may be contributing to their poor health. This subject provides students with the knowledge to confidently give advice and recommendations about nutrition to improve the health and wellbeing of their clients. Clients who eat well, feel well.

Case Studies

This subject reflects the intention of professional clinic scenarios and presentations allowing the students to put into practice all their knowledge and skills in a supervised and controlled manner.

Remedial Clinic

Clinic is the student's most valuable learning experience as a budding new therapist. Students plan, market, manage client's recordkeeping systems and run a public clinic within the college's established facility. Remedial Clinic is an opportunity to put into practice all of the knowledge and skills learned throughout the course. During the clinic, students practice and refine their skills under the guidance and support of a Q Academy course coach.



Subject Descriptions: Advanced Rehab Program

Advanced Remedial Assessments

In this subject you will be able to perform orthopaedical and functional testing on single joints, as well as, assessing your client per regions. The aim of this subject is to help you develop further skills in the creation and development of a treatment plan to help your clients achieve their goals sooner. Easy applicable techniques to help you prepare the best rehabilitation strategy based on the client's presentation.

Remedial Joint Mobilizations

Based on the concept that muscles move joints and the positioning of the joints can affect the muscles, treating only muscles will be an incomplete rehabilitation strategy. Through this subject, you will learn the knowledge and skills to perform joint mobilizations to a level allowed as a Remedial Massage Therapists, to ensure your treatment covers all the major aspects in a dysfunction, allowing achieve better treatment outcomes.

Remedial Exercise Therapy

Remedial therapeutic exercise, is another great addition to our Honours program and another great tool to add to your belt. This module focuses on using passive treatment and testing to prescribe self-massage, mobility and stability exercises to empower clients to actively participate in their rehabilitation process. Ongoing exercises extend the results of a treatment and gives the client independence and confidence in their self-rehabilitation.

Enhanced Myofascial Release

Performing Myofascial release to structures that have some level of dysfunctions is a very effective start and continuation of your rehabilitation strategy. This subject will deliver the skills required to apply this technique to an additional 22 muscles and regions involved in common musculoskeletal dysfunctions

Enhanced Neuromuscular Techniques

This subject will continue developing your skills in the Neuromuscular techniques, allowing you to perform this technique to an additional 22 muscles and regions involved in the most common musculoskeletal dysfunctions. This subject is further knowledge and skills for those therapists who aim to have the ability to treat all possible muscles involved in major musculoskeletal dysfunction.

Remedial Tape and Kinesiology Tape

Applying the skills of the rigid tape to ensure stability and proprioception of common areas of dysfunction plus adding the knowledge and skills of the Kinesiology tape, with its quality to assist with muscle recovery, you will receive a great skills set to work with your clients in any fields, such sport or corporate.

Remedial Cupping

Cupping is an easy technique to apply and it doesn't require much physical demand for the therapist. At the same time, it is a very effective technique to work on soft tissue. these two characteristics make the cupping technique a much-requested technique from clients and therapists. This subject will allow you to provide the cupping technique with confident to your clients.

Remedial TENS

This subject is directed to students and therapists to aim for that extra knowledge and skills, for that point of difference with other therapists. TENS machine will work on diverse structures of your body such nerve receptors, muscle tissue, allowing you to treat and stimulated not only the muscle fibres but the nerve system as well.

Table Thai Massage

Thai Massage is a form of treatment that uses deep passive stretching and slow sustained compression. It is a great treatment that involves the client and therapist creating deep stretching and muscular release. Some clients find this to be a very uplifting and beneficial treatment.



About Q Academy

Q Academy is an Allied Health training college, who over the last decade, has trained over 2,500 highly skilled manual therapists. Q Academy has grown across South-East Queensland in recent years, and currently has three campuses in Queensland: Brisbane, the Gold Coast and the Sunshine Coast. With Q Academy's online division, NETQ, we also aim to cater to anyone outside South-East Queensland who is wanting to study massage.

Here are 3 things that you should know about Q Academy:

1. 93% of our graduates would recommend Q Academy to their friends and family.
(Government 2019 ASQA Survey)
2. We offer a unique Guarantee which allows you to come back and refresh or re-sit your completed course, for the life of the qualification.
3. Our completion rate is double the national average for vocational training.

Book in a Chat

You are more than welcome to visit your preferred campus, to find out if Q Academy is the right training college for you. We will gladly show you around the campus, answer any questions and introduce you to some of the team. Bookings are advised.

1300 20 40 80



qacademy.com.au

Gold Coast Campus

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