



HLT52021

# DIPLOMA OF REMEDIAL MASSAGE

COURSE GUIDE





## Why Study Remedial Massage?

Introduction to the HLT52021 Diploma of Remedial Massage

Q Academy has developed three industry leading HLT52021 Diploma of Remedial Massage programs: the 'Advanced Rehab', 'Rehab' and the 'Core Skills' programs to better meet your career goals.

The 'Core Skills' program covers all the diploma requirements and because of your in-depth knowledge and skills plus the ability to offer clients with private health insurance a rebate on their treatment, you can enjoy a rewarding career in massage therapy.

The 'Rehab' course content includes a significant number of advanced skill sets and treatment options. These practical skills such as over 20 extra Special Orthopaedic Tests and an extensive number of other advanced remedial treatment modalities will make you a highly sought-after therapist, by both clients and employers.

The 'Advanced Rehab' course expands on the 'Rehab' course allowing you to work with athletes including strength and conditioning training plus a significant number of advanced skill sets and treatment options from our Advanced Diploma of Myotherapy.



# Course Comparison Table

	Diploma of Remedial Massage (ADVANCED REHAB PROGRAM)	Diploma of Remedial Massage (REHAB PROGRAM)	Diploma of Remedial Massage (CORE SKILLS PROGRAM)
Course Delivery	Full-time 12 mnths 2 days/wk. Blended on-campus learning	Full-time 12 mnths 2 days/wk. Blended on-campus learning	Self-Directed E-Classroom: 12 to 18 months Blended on-campus learning
Course Description	If you are looking for a more advanced option, to give yourself a competitive advantage over other Remedial Therapists, then the Advanced Rehab Program is for you. It includes additional practical skills and techniques, such as Myofascial Cupping and Foundations of Dry Needling, subjects taken from the highest VET qualification in the manual therapies, 22316VIC Advanced Diploma of Myotherapy. Your extra skills and treatment options can make you more sought after by both clients and employers.	Our 'Rehab' Remedial Diploma program incorporates everything the Core Skills program has and then expands it significantly with additional, highly sought-after remedial skills and techniques to give graduates unique competitive advantages. 'Rehab' graduates can work alongside Chiropractors, Osteos, Physios and other allied health professionals in multi-modality health clinics.	Our Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is a 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 massage clinics, or establishing their own at-home business.
Qualification Outcomes	HLT52021 Diploma of Remedial Massage with statements of attainment for Foundations of Dry Needling, Myofascial Cupping, Kinesiology Taping and Rigid Taping.	HLT52021 Diploma of Remedial Massage	HLT52021 Diploma of Remedial Massage
Career Outcomes	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.	Work as a small business owner, running your own at-home or mobile massage clinic. Or work in a multi-modality clinic alongside other allied health professionals.	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.
<b>Course Cost</b>	<b>\$15,600</b>	<b>\$12,500</b>	<b>\$10,900</b>
Eligible for VET Student Loan	Yes, up to \$15,600	Yes, up to \$12,500	Yes, up to \$10,900
Campuses	Brisbane, Gold Coast & Sunshine Coast	Brisbane, Gold Coast & Sunshine Coast	Brisbane, Gold Coast, Sunshine Coast, Cairns & Sydney

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

# Course Comparison Table

	ADVANCED REHAB PROGRAM	REHAB PROGRAM	CORE SKILLS PROGRAM
Remedial Theory	✓	✓	✓
Swedish Massage	✓	✓	✓
Thai Massage	✓	✓	✓
Sports Massage	✓	✓	✓
Pregnancy Massage	✓	✓	✓
Seated Massage	✓	✓	✓
Reflexology	✓	✓	✓
Trigger Point Therapy	✓	✓	✓
Chronic Pain Treatment	✓	✓	✓
MET's, PRT's, MFR's, NMT's	✓	✓	✓
Remedial Exercises	✓	✓	-
Adv Joint Mobilisations	✓	✓	-
Adv Muscle Energy T's	✓	✓	-
Adv Positional Release T's	✓	✓	-
Adv Myofascial Release T's	✓	✓	-
Adv Neuro Muscular T's	✓	✓	-
Working with Athletes	✓	-	-
Strength & Conditioning	✓	-	-
Foundations of Dry Needling	✓	-	-
Myofascial Cupping	✓	-	-
Rigid & K Taping	✓	-	-

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

# 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

Full Time: 52 weeks

## Course Locations

We have 5 great campus locations:

**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

**Sydney:** (Core Skills only) Level 3, Castle Towers Shopping Centre, Castle Hill, NSW 2154

**Cairns:** (Core Skills only) 91 Mulgrave Road, Parramatta Park, QLD 4870

## 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 if completed with us. This includes free First Aid updates; potentially saving graduates hundreds of dollars over their career!

## Program Schedule

Q Academy's HLT52021 Diploma of Remedial Massage is made up of a total of 715 hours (Advanced Rehab program).

Advanced Rehab and Rehab program: For the first 6 weeks of the course, you will attend 2 in-class days per week. From week 7 onwards, it will then be 1 day in the classroom and 1 day treating in Q Academy's student clinic.

Core Skills program: For the first two months you will attend 2 in-class days per week. After this, you will attend one class day and one clinic day per week. The final two weeks will be two clinic days.

## Course Workload

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

# 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 foundations of dry needling, 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 (Core Skills 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.

## What You'll Get

The Diploma of Remedial Massage (Advanced Rehab Program) costs \$15,600, \$4,700 more than the \$10,900 Core Skill Program but you receive the following benefits:

- ✓ An additional \$6,000 worth of training
- ✓ Learning in a live training classroom
- ✓ Additional 90 training hours
- ✓ Expanded content, skills and extra statement of attainments
- ✓ Free Re-sit and Refresh Guarantee (includes First Aid) \*not available for Core Skills program
- ✓ Includes content from the 22316VIC Advanced Diploma of Myotherapy (Cupping and the Foundations of Dry Needling)
- ✓ Includes expanded techniques such as Exercise Therapy, Rigid and Kinesiology Taping
- ✓ Includes additional muscles taught, joint mobilisations, neuromuscular techniques and myofascial release techniques
- ✓ Greater employment potential/opportunities



# Rehab Benefits

The Rehab program is a great step up from the Core Skills program.

On top of the extra content that will give you more skills and knowledge for treating and working as a Remedial Therapist, you will also receive the training in our live classroom.

For only \$12,500, students receive all the great training from the Core Skills program for only \$1,600 more.

Graduate with the confidence and skills to confidently and effectively treat many common injuries, complaints and dysfunctions, understanding the neuroscience of pain and provide positive outcomes for your clients while working in a multi-modality clinic alongside physiotherapists and chiropractors or from your own business.

All Rehab program students receive free Resit & Refresh for content covered in the course.

The Rehab program covers all the new diploma requirements, including the ones set by the health funds and industry associations and includes 6 areas of advanced training;

- Remedial exercises
- Advanced joint mobilisations
- Advanced Muscle Energy Techniques (MET)
- Advanced Positional Release Techniques (PRT)
- Advanced Myofascial Release Techniques (MRT)
- Advanced Neuromuscular Techniques (NMT)





# Core Skills Benefits

The Core Skills program is a unique blend of on-campus and online learning.

Students receive the extra benefits and support of a dedicated class day and on-site coaches but are able to study at their own pace, choosing what they study on-campus and what they study at home.

Benefits of studying in the self-directed e-classroom include;

- Option to choose your on-site classroom day (most campuses have 2-3 days you can choose from. Days will vary depending on the campus)
- Flexibility to attend more days if you foresee needing time off (such as school holidays)
- Ability to ask the supervising coach questions
- Studying with peers to help keep you motivated
- If English is a second language, the e-classroom allows students to study at their own pace

Delivered over 12 months, students will be required to attend one classroom day and one clinic day per week. With the addition of 6-12 hours of at-home study.

Course extensions of up to 6 months (18 months total) can be applied for to allow more time to take breaks for school holidays and cater for shift work schedules.

With in-depth theoretical knowledge and a range of massage and remedial skills, students will graduate with the skills to confidently assess and treat many common injuries, providing remedial treatment for positive outcomes for clients.

Resit & Refresh is only available for the on-campus Advanced Rehab and Rehab programs



# Student Clinic

## Clinical Practice

As part of the requirements for the HLT52021 Diploma of Remedial Massage 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. Opening hours vary by location.

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.

## 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.

## 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.



# 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 HLT52021 Diploma of Remedial Massage which is a Nationally Accredited course.



## Private Healthcare Compliance

Q Academy's HLT52021 Diploma of Remedial Massage 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 HLT52021 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

HLT52021 Diploma of Remedial Massage (Advanced Rehab Program) - \$15,600 (+\$100 materials fee).

HLT52021 Diploma of Remedial Massage (Rehab Program) - \$12,500 (+\$100 materials fee).

HLT52021 Diploma of Remedial Massage (Core Skills) - \$10,900 (+\$100 materials fee).

## HLT52021 Diploma of Remedial Massage

### Payment options

We offer payment options for interested students: self-finance the course cost, or eligible students can utilise the Government 's VET Student Loan for an approved course, or a Higher Level Skills Subsidy.

### Self-Financing

Pay the course tuition fee in equal interest-free instalments over the duration of the course.

### VET Student Loan

For eligible students, VET Student Loan funding may be available for this course. 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

<b>CHCCOM006</b>	Establish and manage client relationships
<b>CHCDIV001</b>	Work with diverse people
<b>CHCLEG003</b>	Manage legal and ethical compliance
<b>HLTINF004</b>	Manage the control of infection
<b>HLTMSG011</b>	Provide massage treatments
<b>HLTWH004</b>	Manage work health and safety
<b>CHCPRP005</b>	Engage with health professionals and the health system
<b>HLTAAP002</b>	Confirm physical health status
<b>HLTMSG009</b>	Develop massage practice
<b>HLTMSG010</b>	Assess client massage needs
<b>HLTREF002</b>	Provide reflexology for relaxation
<b>BSBESB401</b>	Research and develop business plans
<b>CHCPOL003</b>	Research and apply evidence to practice
<b>HLTAAP003</b>	Analyse and respond to client health information
<b>HLTMSG013</b>	Perform remedial massage musculoskeletal assessments
<b>HLTMSG014</b>	Provide remedial massage treatments
<b>HLTMSG015</b>	Adapt remedial massage treatments to meet specific needs
<b>HLTMSG016</b>	Apply principles of pain neuroscience
<b>HLTMSG017</b>	Apply remedial massage clinical practice
<b>HLTMSG018</b>	Adapt massage practice for athletes <i>*only in Advanced Rehab program</i>
<b>SISXCAI101</b>	Develop strength & conditioning programs <i>*only in Advanced Rehab program</i>
<b>CHCCS037</b>	Visit client residence <i>*only in Rehab &amp; Core Skills programs</i>
<b>HLTAID011</b>	Provide first aid <i>*free in Advanced Rehab program</i>

# Subject Descriptions:

## HLT52021 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
- Improve circulation
- Assist lymph function
- Enhance relaxation

Students can you 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.

### 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.

## 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
- Stress and adaptation syndromes
- Scope of practice
- Record keeping
- Causes of musculoskeletal dysfunction
- Indications and contraindications
- Sensory receptors and reflexes
- 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 Therapists.

## 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: 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.

# Subject Descriptions: Advanced Rehab Program

## 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.

## Myofascial 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 confidence to your clients.

## Foundations of Dry Needling

During this subject, you will develop knowledge of safe practices for trigger point dry needling as well as infection control policy and procedures. The practical skill set during this subject is the application of the trigger point dry-needling technique on the forearm muscles. This extra technique is only available for the students completing the Advanced Rehabilitation program, providing the basis of a high-demand treatment method.



## About Q Academy

Q Academy is a Massage and Myotherapy training college, who over the last decade, has trained over 2,500 highly skilled therapists. Q Academy has grown in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast, Cairns and Sydney.

Here are a couple things that you should know about Q Academy:

1. 92.3% of our graduates were satisfied with their training from Q Academy (NCVER 2021 Survey)
2. 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**

Level 1, Robina Town  
Centre Robina QLD 4230

### **Brisbane Campus**

100 Brookes St,  
Fortitude Valley QLD  
4006

### **Sunshine Coast Campus**

64C Aerodrome Road,  
Maroochydore QLD  
4558

### **Cairns Campus**

91 Mulgrave Road,  
Parramatta Park  
4870

### **Sydney Campus**

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Shopping Centre,  
NSW 2154

