

QACADEMY
REMEDIAL + MASSAGE THERAPIES

HLT52021

DIPLOMA OF REMEDIAL MASSAGE

INTERNATIONAL COURSE GUIDE

CRICOS Course #112402F

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Why Study Remedial Massage?

Introduction to the HLT52021 Diploma of Remedial Massage

Q Academy has developed three industry leading versions of the HLT52021 Diploma of Remedial Massage course to better meet your career goals:

- 'Advanced Rehab & Sports' version
- 'Rehab' version
- 'Core Skills' version

The 'Core Skills' program covers all the basic diploma requirements to be eligible to offer clients with private health insurance, a rebate on their treatment, so you can enjoy a rewarding career in massage therapy.

The 'Rehab' course content adds a number of advanced remedial skill sets and treatment options that will make you a sought-after therapist, by both clients and employers.

Our industry leading 'Advanced Rehab & Sports' version includes over 20 additional Special Orthopaedic Tests and an extensive number of other advanced remedial and rehab treatment modalities beyond the Core Skills program. You will also gain a significant number of advanced skills and treatment options from our Myotherapy program so you can also work with athletes to provide pre and post game treatments plus be involved in injury rehabilitation programs.

Course Comparison Table

	Diploma of Remedial Massage (ADVANCED REHAB & SPORTS PROGRAM)	Diploma of Remedial Massage (REHAB PROGRAM)	Diploma of Remedial Massage (CORE SKILLS PROGRAM)
Course Delivery	Full-time 52 weeks 2 days/week in Live Classroom	Full-time 48 weeks 2 days/week in Live Classroom	50 weeks or 105 weeks 2 days/week in Self-Directed E-Classroom
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 & Sports 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 clients, athletes 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 and sporting teams.	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.
Course Cost	$21,200	$17,000	$14,800(50 weeks) or $26,400(105 weeks)
Campuses	Brisbane, Gold Coast & Sunshine Coast	Brisbane, Gold Coast & Sunshine Coast	Brisbane, Gold Coast & Sunshine Coast
Payment Plan*	15 payments of $1,413	12 payments of $1,417	50 weeks - 12 payments of $1,233 105 weeks - 24 payments of $1,100
Additional Fees	$100 material fee + $150 application fee	$100 material fee + $150 application fee	$100 material fee + $150 application fee

*Term fees are divided equally over the course duration for individual payment plans
** Prices listed are for 2026 intakes. Please contact us if looking for 2027 course prices.

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

Course Comparison Table

	ADVANCED REHAB & SPORTS 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 Rehabilitation	✓	–	–
Foundations of Dry Needling	✓	–	–
Myofascial Cupping	✓	–	–
Rigid & K Taping	✓	–	–

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

Course Details



Course Delivery

HLT52021 Diploma of Remedial Massage (Advanced Rehab & Sports)
CRICOS course #112402F
The Advanced Rehab stream is face-to-face learning in our on-campus classrooms 2 days a week.
Taught by highly experienced coaches and alongside domestic and other international students, students will be fully immersed in the Australian study environment.
We recommend allowing an additional 9-12 hours of at-home study each week.

HLT52021 Diploma of Remedial Massage (Rehab)
CRICOS course #112402F
The Rehab stream is face-to-face learning in our on-campus classrooms 2 days a week.
Taught by highly experienced coaches and alongside domestic and other international students, students will be fully immersed in the Australian study environment.
We recommend allowing an additional 9-12 hours of at-home study each week.

HLT52021 Diploma of Remedial Massage (Core Skills)
CRICOS course #112402F
The Core Skills stream is delivered in our on-campus self-directed study classrooms 2 days a week.
Enjoy the benefit of on-campus learning at your own pace, with a supervising coach to assist with your studies.
We recommend allowing an additional 9-12 hours of at-home study each week.

Note: Special application is required for advanced level learning.
Please contact us to find out eligibility.

Course Fees

Payment Plan:
Term fees are divided equally over course duration for individual payment plans

Enrolment transfer fee:
Students can transfer their Q Academy enrolment between Q Academy campuses for $50.

Course Location

Brisbane: 100 Brookes St, Fortitude Valley 4006

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

Sunshine Coast: 64C Aerodrome Road, Maroochydore 4558

Start Dates

We have quarterly and monthly intakes. Please submit an online enquiry and our team can be in touch with our next available intakes.

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.



Advanced Rehab & Sports Benefits

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

The Advanced Rehab & Sports Program is unique to Q Academy and will included many expanded techniques and modalities. It also includes content such as myofascial cupping and foundations of dry needling, from the highest VET qualification in VET 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 & Sports 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 with greater practical skills, to give these therapist a significant competitive advantage over other remedial therapists working with clients and athletes.

What You'll Get

The Diploma of Remedial Massage (Advanced Rehab & Sports Program) costs $21,200 and you receive the following benefits:

- An additional $6,400 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 $17,000.

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 for $14,800 for the 50 week course, or $26,400 for the 105 week course.

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)
- 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

Students will be required to attend the campus two days per week. One of these days becomes the clinic participation day. With the addition of 6-12 hours of at-home study.

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



Application Process

Q Academy recommends that you apply as soon as possible to allow enough time to secure your student visa, flights and accommodation.

As a general guide, the process of application for enrolment with Q Academy is as follows:
(Please note, if enrolling through your agent they will discuss this process with you and help you through each step)

STEP 1:

Read across our website and courses page and express interest to apply as an International Student.

STEP 2:

Q Academy will email through course information and pre-enrolment forms.

STEP 3:

Complete all the pre-enrolment documents including supplying documents to prove your English language proficiency and copy of your passport.

STEP 4:

Engage in a video call with the Admissions Manager to discuss your interest in the course.

STEP 5:

Q Academy will then assess the application and let you know if you have been approved to enter the program.

STEP 6:

Q Academy will send through an acceptance letter of offer, enrolment form and pre-enrolment checklist.

STEP 7:

Return forms along with your Overseas Student Health Cover (OSHC) and any further documents requested.

STEP 8:

Student to provide payment of first term and materials fee for processing.

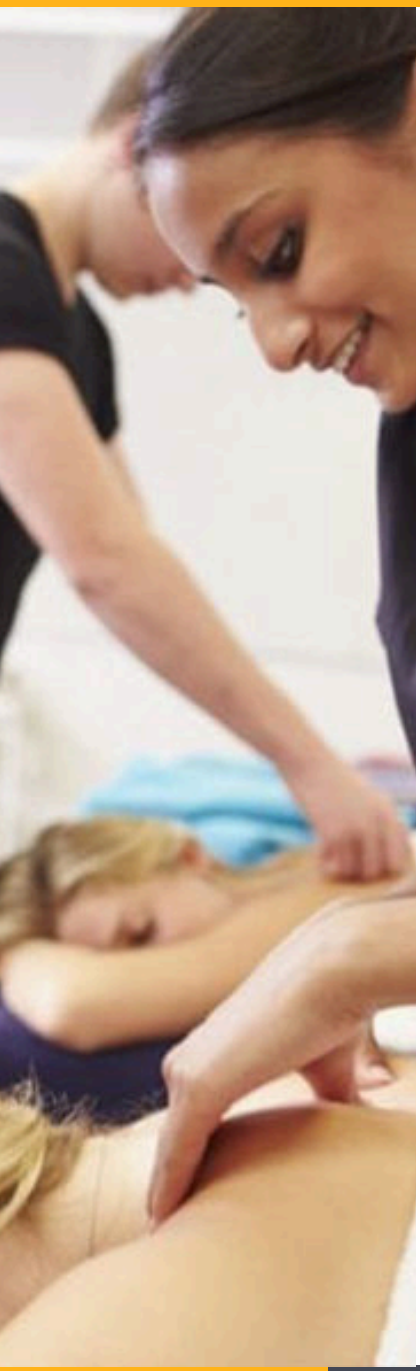
STEP 9:

Q Academy to send Confirmation of Enrolment (CoE).

STEP 10:

Apply for your student visa online via eVisa, directly through an Immigration department office or your visa agent.

Entry Requirements



English Language Proficiency Policy

To meet Q Academy's English language proficiency requirements, international applicants must demonstrate one of the following:

• Successful completion of Year 12 or Certificate 4 or Higher qualification in Australia

• Evidence of achievement of IELTS or equivalent score as set out below

Students must provide certified copies of documentation that show evidence the appropriate level of IELTS or equivalent testing has been achieved or evidence of successful completion of previous qualifications as proof of English language ability. This information is kept in student files.

English language ability equivalent to IELTS 6.0 (overall score),

- IELTS General - 6.0 (overall score), no less than 5.5 in each band
- Pearson (PTE) Academic Score of 50-57 (overall score)
- ELICOS Pathway available with Langports

Langports Pathway agreement (available for Langports students):
60% or higher on Langports EAP course
Pass on Cambridge Fist (FCE)
Completion of UFO English level 5 (10 weeks)
Completion of IELTS course (10 weeks) with exit level equivalent to IELTS 6.0

English test results must be no more than 2 years old. After the provision of scores above, if it is identified that a student's English language skills are not proficient, the student may be required to undertake a further test at the student's cost.

Visa Requirements

Attendance

Q Academy encourages the attendance of all classes. Every class and the content within it is important and required for competency within study. All international students must maintain at least an 80% attendance rate for the full duration of the course, otherwise, their student visa may be subject to review and subsequently cancelled.

Q Academy maintains attendance rolls for all international students studying on a student visa are kept on record and makes them available for inspection by regulatory bodies. Any subject-specific attendance requirements are clearly stated in the Subject Outlines.

If at any time it becomes impossible for a VET student studying on an Australian student visa to achieve an attendance rate of 80% for the entire course, they will be issued an intention to report letter which sets out that Q Academy intends to report the student's unsatisfactory attendance as required through PRISMS. This is a requirement of the National Code 2018 for VET students and a condition of the student visa for VET students.

There is no discretion for Q Academy not to report a student, even if the student has a genuine reason for all absences (such as an illness) and supporting documentation (such as a medical certificate). In these cases, however, Q Academy may choose to provide documentation in order to support the student's continuation of study.

Overseas Student Health Cover (OSHC)

Overseas student health cover (OSHC) is insurance that provides cover for the costs of medical and hospital care which international students may need while in Australia. OSHC for the duration of the visa is mandatory for student visa holders.

How do I get OSHC?

Only Australian health funds that have signed an agreement with the Australian Government can provide Overseas Student Health Cover (OSHC). You must arrange your own OSHC. You may choose to change your health fund at any time, but will need to abide by the conditions of change of the health fund provider you are leaving and provide updated proof of OSHC to Q Academy.
A copy of your OSHC policy must be provided to Q Academy at the time of your enrolment showing it covers the full duration of your course.

Living in South-East Queensland

Living in Brisbane

Fortitude Valley is in the heart of Brisbane city, the capital of Queensland. It is a diverse city, with museums, nightlife and sporting events. Brisbane is close to the beaches of the Gold and Sunshine Coasts, and has consistently been named one of the world's most livable cities.
Learn more about Brisbane here: www.visitbrisbane.com.au

Living on the Sunshine Coast

Maroochydore is located on the Sunshine Coast which is midway on the eastern coast of the Australian mainland. It is built close to the beach with pleasant climate and relaxed lifestyle with an emphasis on outdoor living. The region is known for its beautiful surf beaches, rainforests and mountains.
Learn more about the Sunshine Coast here: www.visitsunshinecoast.com

Living on the Gold Coast

Robina is located on the Gold Coast, in South East Queensland. The Gold Coast is spread across 50kms of beach front and has a pleasant climate and relaxed lifestyle. The Gold Coast is known for its beautiful surf beaches, rainforests, mountains and outdoor living.
Learn more about the Gold Coast here: www.destinationgoldcoast.com

Arranging Accommodation

The cost of accommodation in Australia varies and the cost of accommodation while studying can be high. Many International students choose to share accommodation to keep costs down. Most international students choose to rent a home with friends or find people to share with through websites. It is important to stay safe when searching for accommodation or people to share online. Suggestions on where to find accommodation:

www.easyroommate.com
www.domain.com.au
www.flatmates.com.au
www.realestate.com.au
www.gumtree.com.au

For information on renting in QLD refer to the RTA website https://www.rta.qld.gov.au/

Living Expenses

Starting from 1 October 2023, a single international student requires a minimum of $24,505 to cover living expenses for 24 months of study. In their visa application, students are required by the Department of Home Affairs to declare they have enough money to pay for travel, tuition, and living expenses for the duration of their stay in Australia.

Units of Competency

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTINF004	Manage the control of infection
HLTMSG011	Provide massage treatments
HLTWHS004	Manage work health and safety
CHCPRP005	Engage with health professionals and the health system
HLTAAP002	Confirm physical health status
HLTMSG009	Develop massage practice
HLTMSG010	Assess client massage needs
HLTREF002	Provide reflexology for relaxation
BSBESB401	Research and develop business plans
CHCPOL003	Research and apply evidence to practice
HLTAAP003	Analyse and respond to client health information
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
HLTMSG018	Adapt massage practice for athletes **only in Advanced Rehab & Sports program*
CHCCS037	Visit client residence **only in Rehab & Core Skills programs*
HLTAID011	Provide first aid **free in Advanced Rehab & Sports program*

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
- 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 knoweldge expected from this subject is the knoweldge of biology, chemistry and cellar 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 and Advanced Rehab & Sports Programs

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 & Sports Program

Working with Athletes

The subject will develop your skills and knowledge to determine specific massage needs and to adjust assessment and treatment to create preventative treatment plans as well as, injury-related treatment strategies for athletes, sports participants and active people.

Strength Rehabilitation Programs

This subject is intended to develop the skills and knowledge of a therapist to be able to elaborate remedial treatment plans, incorporating active rehabilitation strategies to improve the client's strength and overall functionality.

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 confident 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.







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.







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.

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