



Course Information, Curriculum and Modules

Diploma in Remedial & Sports Massage

**27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS**

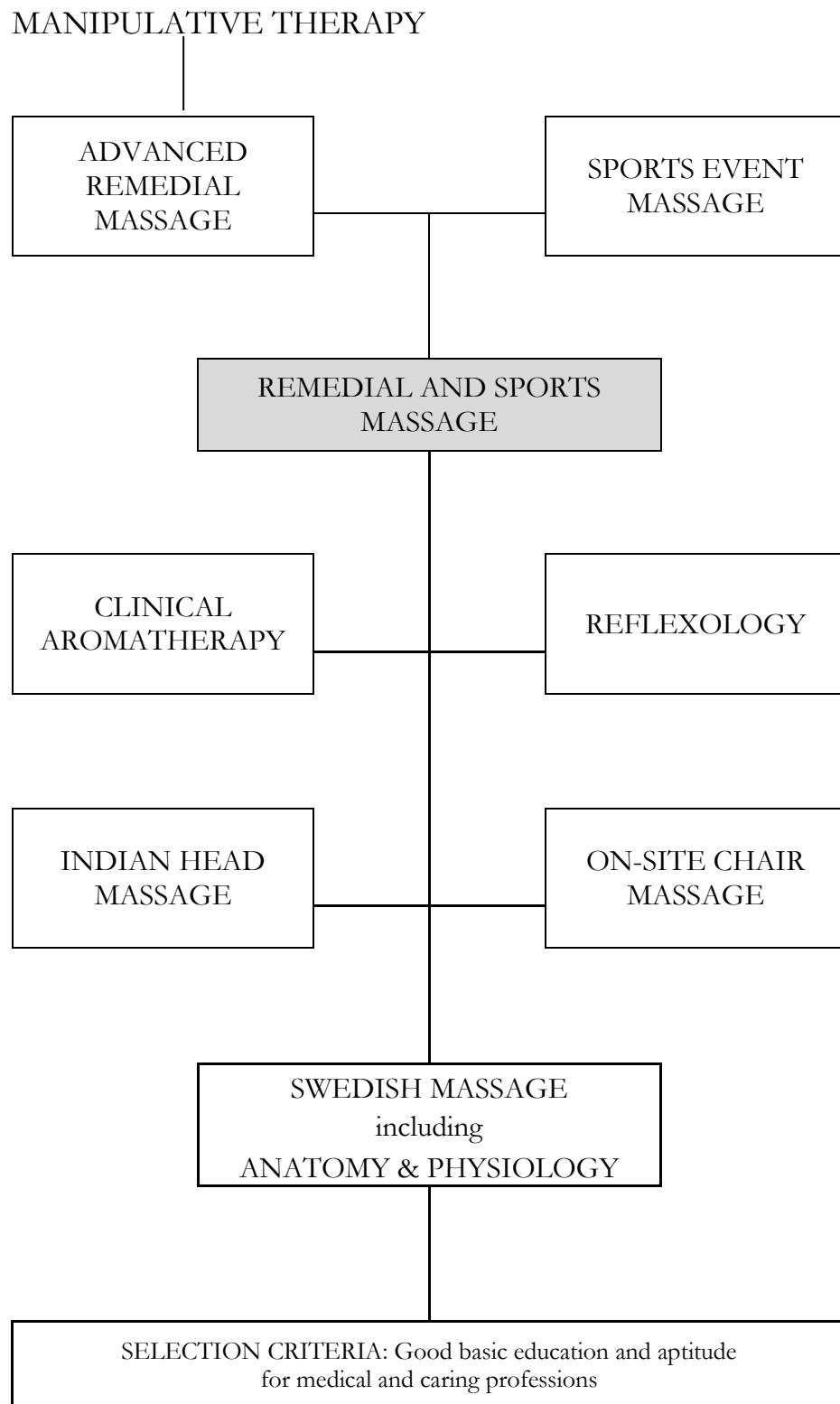
Telephone: 08454-757871 Mobile: 07917-757871

Email: info@scottishmassage.co.uk

Website: www.scottishmassage.co.uk

CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





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Scotland's leading provider of complementary therapies training

DIPLOMA IN REMEDIAL AND SPORTS MASSAGE

Welcome to the Scottish Massage Schools' Diploma in Remedial & Sports Massage held in Grampian, Inverness & Edinburgh.

This leaflet contains information about our course, an outline of the weekends and the contents of the modules. As you will note, as well as being a qualification in its own right, this Diploma course is also the entry requirement for the Advanced Remedial Massage course and the Sports Event Massage course.

There really are no limitations to the people who can benefit from Remedial and Sports Massage. We feel that athletes are not only to be found in sport, but also in the office, factory, driving lorries, cleaning, operating machinery, nursing and so on.

Remedial & Sports Massage is the skilled, manual, therapeutic application of soft tissue manipulative techniques, which are selected and performed after careful consultation, recording of medical history and appropriate general and specific assessments.

The techniques include performance enhancement, restorative, event-related and rehabilitative techniques to improve the condition of the client, assist in his wellbeing and performance everywhere, e.g. in the workplace, in sport (professional and amateur), and treatment of conditions or injuries.

This course combines the dynamics of Remedial Massage with the tried and tested techniques of Sports Massage. Soft tissues are assessed for the prevention of injuries while maintaining good physical condition and health through normalising and improving muscle tone, promoting relaxation, stimulating circulation and producing therapeutic effects on all systems of the body.

If anything in this leaflet that requires clarification, do not hesitate to get in touch. We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

Lorna Forrester
Principal



**SQA Approved
Centre**

DIPLOMA IN REMEDIAL & SPORTS MASSAGE

To gain a Diploma in Remedial and Sports Massage the student must:

- (i) attend 130 hours of training over 8 weekends.
- (ii) complete home assignments, essay and practice the practical skills learned at each weekend
- (iii) compile the required 5 case studies (20 treatments) to the standard required and submit
- (iv) complete a treatment log of 100 hours of massage practice, 10% of which should be at sports massage events supervised by SMS
- (v) attain the required standard, passing the final written and practical examinations
- (vi) have the attitude and professionalism required to become a professional Remedial and Sports Massage Therapist

This Course consists of eight (8) weekends (130 hours) of anatomy, physiology, practice management and Remedial & Sports Massage techniques to Diploma level.

ENTRY REQUIREMENTS

Massage Therapists should have ideally completed Scottish Massage Schools' Diploma in Swedish Massage. We do accept other schools' Swedish / Therapeutic / Holistic Massage, or equivalent qualifications, which include Level 3 /SCQF Level 7 Anatomy & Physiology, with detailed teaching of the muscular and skeletal systems, the muscles, their origins, insertions and actions. To ensure your knowledge is at the correct level, we ask that you sit a quick basic Anatomy exam. If you are not sure whether you satisfy the criteria for joining, please email or phone the office for clarification.

Beauty Therapists - though you hold Level 3 Anatomy & Physiology, your syllabus mainly focuses on the body's Physiology, in particular, the skin. From our 25 years' experience, we find Beauty Therapists really struggle with the level of detail required for the Muscular & Skeletal systems. We therefore want you to have the 'required tools to succeed' and ask that you complete our Diploma in Anatomy & Physiology before you are accepted onto this course.

Physiotherapists – you have good Anatomy knowledge, but sometimes no knowledge of massage. We do however, offer short massage courses or the opportunity to attend some of our Swedish Massage course, to pick up the required massage skills. Please email or call the office to discuss.

Time and motivation are necessary for the home study required, including 5 homeworks, 5 case studies (of 4 treatments each), an essay, and 100-hours treatment log sheet, as well as a reasonable level of fitness.

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Manipulative Therapists, Clinical Aromatherapists and Reflexologists.

Students are invited to join the SMTTO for membership and insurance to practice.

SCOTTISH MASSAGE SCHOOLS

| | |
|-------------------|--|
| Grampian: | The Studio, New Inn Hotel Courtyard, Market Street, Ellon, AB41 9JD |
| Inverness: | The Eddie MacGillivray Memorial Hall, Riverside St, Inverness, IV1 1NX |
| Perth: | 10th Perthshire Scout Hall, Murray Place, Perth, PH1 1NJ. |
| Edinburgh: | Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh EH3 5PL |
| Borders: | St Boswell's Village Hall, Jenny Moore's Rd, St Boswells, Melrose TD6 0AA |

For course details at all schools, please contact: Lorna Forrester, Principal, Scottish Massage Schools,
on 08454-757871, info@scottishmassage.co.uk

REMEDIAL AND SPORTS MASSAGE

FEES

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by standing order. Please see individual course brochures from your local School for further details (contact details on page 1).

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid by weekend six (6). Failure to comply will result in exclusion from the final exams, and thus completion of the course.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness at weekend 1. However, as our costs are front loaded, there are no refunds after weekend one (1).

REGISTRATION

Please complete an application form and return to Scottish Massage Schools, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

DATES

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website www.scottishmassage.co.uk

DURATION

Eight (8) weekends; 8.30am – 5.00pm both days (45 mins for lunch).

100% is recommended. Attendance at 7 out of the 8 weekends is a must for completion of the course. In the event of a day being missed, attendance can usually be arranged at an alternative venue.

ABSENCE

The equivalent of one weekend (2 days) can be missed. Please discuss any planned absences before the start of the course as attendance at an alternative venue can be arranged. If this is not possible then a 'make-up' of the practical aspect of the course can be arranged for weekends missed, however, this will only count as a couple of hours, nowhere close to the 15 hours missed. There will also be a charge for this to cover the tutor's time.

COURSE CONTENT

The modules and curriculum comply with those set by the General Council for Massage Therapy and the Complementary and Natural Healthcare Council, which is the regulatory body for Massage Therapy in the UK.

REQUIREMENTS

Please bring a portable massage couch, two bath-sheet towels, two hand towels, and two pillows in cases. Notebook and pen are also necessary.

COURSE BOOKS

"Trail Guide to the Body" by Andrew Beil.

HANDOUTS

You will receive a large folder with all the handouts at weekend 1, which we hope will help you in your studying.

HOME STUDY & PRACTICE

It is estimated that home study will involve ten (10) hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition it is expected that a student practises the practical skills taught a minimum of ten (10) hours per week.

HOMEWORK

There will be homework set at the end of weekends 1-5; homework forms part of the course. This is sent to the Course Leader within 14 days of each course weekend. There are also 5 case studies and an essay.

STANDARDS

A programme of Continuous Assessment is in situ and will contribute to the final mark.

COURSE TUTORS

Lorna Forrester RMT DCA DIR DOSM SMTO - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Gareth Phillips - DSM DRSM DARM Med Acup SMTO – Leader of the Remedial & Sports Massage course in Edinburgh. Gareth was previously in Police Scotland but now runs a private clinic in Kirknewton, West Lothian using Advanced Remedial Massage & dry-needling/medical acupuncture. He also works with Edinburgh Rugby Academy players.

Lori Smith - DSM DRSM DSEM Med Acup SMTO CNHC - Leader of the Remedial & Sports Massage course in Grampian. Lori runs a busy clinic in Peterhead where she practices Swedish, Remedial & Sports Massage, Hot Stone & Aromatherapy Facial Massage, Kinesio Taping and Medical Acupuncture. She also works closely with local sport clubs.

Gary Morrison DARM DRSM DSM Med Acup SMTO - Leader of the Remedial & Sports Massage course in Inverness. Gary runs a busy clinic in Huntly where he practises Advanced Remedial Massage and Medical Acupuncture. Gary is also a First Aid Trainer.

SPECIALIST TUTORS

Tutors vary at each venue and include physiotherapists, sports therapists, nurse tutors, anatomists, doctors and pathologists.

MODULES – DIPLOMA IN REMEDIAL & SPORTS MASSAGE

- Anatomy, Physiology and Pathology
- Practice Management
- Remedial Massage Therapy

FORMAL TEACHING METHODS

As range of knowledge and background obviously varies, the course is structured to include a variety of teaching methods. The theoretical part of the course tends to take place in the mornings. Practical in the afternoons.

GROUP LEARNING

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models under the auspices of a practical tutor.

SPECIAL NEEDS

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call the appropriate School office.

ASSESSMENTS

A programme of Continuous Assessment is in situ and so practical sessions, tests, consultation workshops are graded during the course. Final examination consists of a practical with an oral & written assessment. Final written exams are on weekend 7. Pass mark is 65%.

Mock & final practical assessments are examined on weekends 6, 7 & 8.

EXTERNAL EXAMINER

An External Examiner presides at the Final Assessments to ensure that standards are upheld. All assessments are also checked by an Internal Quality Assurer / verifier.

RESITS

If the required standard is not reached and the examinations are not passed; resits will be organised within one month of the examination date. Resit fee £50.

CASE STUDIES

Five case studies, each of 4 treatments, are required to be submitted during the course. At least the first 2 case studies should be completed before final examinations can be attempted. (Guidelines and checklists are detailed in Handout 2).

TREATMENT LOG

100 hours of treatments are required to be submitted during the course, before final examinations can be attempted. These can be achieved by working on some of the teams SMS has relationships with, working on your classmates, family & friends, and clients, using your Remedial Massage techniques. (Guidelines will be given at weekend 1).

APPEALS

There is an appeals procedure.

DISCONTINUATION / DEFERMENT OF TRAINING

The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession or is not keeping studies & finances up to date. No refund will be given.

If a student decides to defer training, this can only be done if due to serious illness or a death in the immediate family, and they can only defer onto the next running course. Training will pick up from where they previously stopped. Any repeated weekends will be charged for plus an admin fee for switching course.

Joining a later course means starting from the beginning again with full fees to pay.

DIPLOMA

A Diploma in Remedial and Sports Massage is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted 5 case studies, and are considered to be professional Remedial and Sports Massage Therapists. Graduates are entitled to use the letters DRSM (Diploma in Remedial & Sports Massage) after their name.

PROFESSIONAL BODY

Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register.

INSURANCE

Insurance to practice can be obtained through various organisations, including Balens Insurance www.balens.co.uk The SMTO run a group scheme that offers significant discount to its members. All students on this course require insurance and should inform their insurance company that they require:

Remedial & Sports Massage (student case study work including work prior to getting the qualification)
Please bring a copy of the insurance certificate on the first weekend.

FIRST AID

All students must hold a valid First Aid certificate. Certificates are valid for 3 years. This must be produced on the course. Arrangements can be made to update your certificate alongside the Swedish Massage Diploma students, at a nominal fee.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged, and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, and each of the individual schools. Details are publicised on the website www.scottishmassage.co.uk

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|----------------------------|---|
| Advanced Remedial Massage: | Courses held in Edinburgh |
| Sports Event Massage: | Courses held in Perth |
| Clinical Aromatherapy: | Courses held in Edinburgh |
| Reflexology: | Courses held in Grampian, Edinburgh and Inverness |
| On-Site Massage: | Courses held in Grampian, Edinburgh and Inverness |
| Indian Head Massage: | Courses held in Grampian, Edinburgh and Inverness |

Please ask for course dates, details and modules.

CONTENTS OF MODULES COVERING REMEDIAL & SPORTS MASSAGE

MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

- 1 The basics**
 - (a) Cells and tissues; how they injure and repair
 - (b) Inflammatory Response
 - (c) Pathology
 - (d) Holistic Approach
 - (e) General Adaptation Syndrome: physiology of stress, the role of relaxation in healing
- 2 Anatomy**
 - (a) Knee, hip, foot & ankle
 - (b) Elbow, wrist & hand, fingers
 - (c) Lumbar & thoracic spine, pelvis & pelvic girdle
 - (d) Sternum, clavicle, ribs
 - (e) Shoulder
 - (f) Cervical spine
 - (g) Cranium, face & TMJ
 - (h) Abdomen
- 3 Physiology**
 - (a) Nervous System, Pain Gate and Pain Control, Autonomic Nervous system, Somatic Nervous system
 - (b) Muscular system
 - (c) Cardiovascular system
 - (d) Digestive system & Nutrition
 - (e) Lymphatic system
 - (f) All related pathology
- 4 Pathology**
 - (a) Lesions of the knee, hip, foot & ankle
 - (b) Lesions of the elbow, wrist & hand
 - (c) Lesions of the lumbar & thoracic spine
 - (d) Lesions of the pelvis & pelvic girdle
 - (e) Lesions of the shoulder
 - (f) Lesions of the cervical spine
 - (g) Causes, signs and symptoms of RSI – prevention and treatment
 - (h) Back pain and its treatment
- 5 Cautions and Contraindications**
 - (a) The consultation process, medical history taking
 - (b) Record-keeping
 - (c) When to refer
- 6 Practice Management**
 - (a) Setting up in business
 - (b) The business plan
 - (c) Finance
 - (d) Promoting the business
 - (e) Professionalism
 - (f) Code of Conduct & Ethics
 - (g) Dealing with complaints.

MODULE 2 – REMEDIAL AND SPORTS MASSAGE THERAPY

- 1 The philosophy and role of Remedial and Sports Massage**
 - (a) Principals of Remedial & Sports Massage
 - (b) Remedial & Sports Massage – uses and effects
- 2 Introduction to examination procedures**
 - (a) General Postural Assessment
 - (b) Specific Biomechanical Assessment
 - (c) Introduction to Joint Mobilisation
 - (d) Safety Procedures for the lumbar, thoracic and cervical spine
- 3 The role of mobilising techniques**
 - (a) Active movements

- (b) Passive movements
- (c) Resisted movements
- (d) Stretching
- (e) Muscle Testing
- 4 **Postural analysis**
- 5 **Remedial techniques:**
 - (a) Myofascial Release (MFR)
 - (b) Neuro-Muscular Techniques (NMT)
 - (c) Trigger Point Therapy (TPT)
 - (d) Soft Tissue Release (STR)
 - (e) Muscle Energy Techniques (MET)
 - (f) Deep Transverse Frictioning (DTF)
 - (g) Compressions
 - (h) Proprioceptive Neuro-muscular Facilitation (PNF)
 - (i) Positional Release (PoR)
- 6 **Preventing and treating**
 - (a) RSI (Repetitive Strain Injury)
 - (b) Back Pain
- 7 **Sports Massage:**
 - (a) Pre-event
 - (b) Post event
 - (c) Performance enhancement
 - (d) Injury prevention
 - (e) Common sports injuries
 - (f) The psychology of the athlete
 - (g) Rehabilitation in sport
- 8 **Principles of training**
- 9 **After-care and rehabilitation of the patient**

MODULE 3 – HEALTH AND SAFETY

- (a) Carry out correct hygiene, health and safety procedures.
- (b) Ensuring security in the workplace.
- (c) Carry out a Risk Assessment, recognise potential hazards and take necessary safety action.
- (d) Demonstrate correct storage of material and equipment and deal with spillages and breakages safely.
- (e) Have an understanding of COSHH and RIDDOR.
- (f) Be able to correctly identify fire fighting equipment, their location and use, evacuation sites and fire drill.
- (g) Demonstrate security arrangements to protect stock, client and colleague personal belongings.
- (h) Know the procedures for reporting breaches of security and to whom.
- (i) Demonstrate a knowledge and understanding of contra-indications and actions with regard to the client's health, safety, the treatment effectiveness and insurance issues.
- (j) Demonstrate knowledge of appropriate National and Local Legislation.

SCOTTISH MESSAGE SCHOOLS
DIPLOMA IN REMEDIAL & SPORTS MESSAGE



| WEEKEND 1 | WEEKEND 2 | WEEKEND 3 | WEEKEND 4 |
|---|--|--|--|
| <ul style="list-style-type: none"> • The Philosophy and Principles of Remedial Massage • Holistic Approach • Remedial and Sports Massage uses and effects • Cautions and Contraindications • Nervous System, Pain Gate and Pain Control. • Introduction to Examination Procedures • General Postural Assessment • Specific Biomechanical Assessment • Anatomy of the Knee & Hip • Lesions of the Knee and Hip • Introduction to Joint Mobilisation | <ul style="list-style-type: none"> • Cells and Tissues – how they injure and repair • The Inflammatory Response • Pathology • Anatomy of the Foot and Ankle • Anatomy of the Elbow • Anatomy of the Wrist and Hand • Lesions of the Foot and Ankle • Lesions of the Elbow, Wrist & Hand • Causes, Signs and symptoms of RSI – prevention and treatment • Practice management: consultation procedures, medical history taking, record-keeping: When to refer. • Case study guidelines | <ul style="list-style-type: none"> • Muscular System & related pathology • Anatomy of the Lumbar Spine, Pelvis & Pelvic Girdle, Thoracic Spine, Sternum, Clavicle, Ribs, and Shoulder. • Pathology of Lumbar and Thoracic Spine, and Shoulder • Safety Procedures for the Spine • Autonomic Nervous System • General Adaptation Syndrome - Physiology of Stress & management • Role of relaxation in healing • Remedial Techniques: Myofascial Release, Neuromuscular Therapy, Soft Tissue Release, Deep Transverse Frictions, Trigger Points. | <ul style="list-style-type: none"> • Somatic Nervous System • Cardiovascular, Digestive and Lymphatic Systems and Related Pathology • Nutrition • Anatomy of the Cervical Spine, Cranium, Face & TMJ • Anatomy of the Abdomen • Lesions of the Cervical Spine • Safety Procedures for Cervical Spine • Back pain |
| <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Knee • Specific Assessment of the Hip • Remedial Massage and Mobilising Techniques for the Knee • Remedial and Mobilising Techniques for the Hip. | <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Foot and Ankle • Specific Assessment of the Elbow, Wrist and Hand • Remedial Massage and Mobilising Techniques for the Foot and Ankle • Remedial Massage and Mobilising Techniques for the Elbow, Wrist and Hand. • Treating RSI with Remedial & Sports Massage | <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Pelvic Girdle, Lumbar & Thoracic Spine • Specific Assessment of the Shoulder joint & girdle • Safety Procedures for Lumbar and Thoracic Spine • Remedial Massage and Mobilising Techniques for the Pelvic Girdle, Lumbar Spine, Thoracic Spine, Shoulder Joint & Girdle. • Introduction to Trigger Point Therapy | <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment & Safety Procedures for the Cervical spine • Remedial Massage for the Cervical Spine • Remedial Massage for the Abdomen • Treating Back Pain with Massage • Review all Specific Assessment, Remedial Massage and Mobilising Techniques for the lower limb, upper limb, pelvis and lumbar spine. |

**SCOTTISH MASSAGE SCHOOLS
DIPLOMA IN REMEDIAL & SPORTS MASSAGE**



| WEEKEND 5 | WEEKEND 6 | WEEKEND 7 | WEEKEND 8 |
|--|--|--|--|
| <ul style="list-style-type: none"> • Arthritic conditions and treatment • Muscle Testing – Theory • Stretching & rehab exercises – workshop including core stability, posture and postural analysis. • Candidates instructions for assessments. | <ul style="list-style-type: none"> • Review Consultation procedures and common conditions • Case studies • Candidates’ instructions for Clinical Practice Assessments. | <ul style="list-style-type: none"> • <u>FINAL Written Assessments</u> • Review effects and uses of Myofascial Release, Neuromuscular Therapy, Soft Tissue Release, Deep Transverse Frictions, Joint Mobilisations, Trigger Point Therapy, Muscle Energy Techniques. • Developing Consultation & Treatment Skills • Introduction to Sports Event Massage - working in Professional Sports | <ul style="list-style-type: none"> • Practice Management:- <ul style="list-style-type: none"> ❖ Setting up in business ❖ Business Plan ❖ Finance ❖ Promoting the Practice ❖ Professionalism, Code of Conduct & Ethics ❖ Dealing with complaints • Introduction to Advanced Remedial Massage |
| <u>Practical Assignment</u> | <u>Practical Assignment</u> | <u>Practical Assignment</u> | <u>Practical Assignment</u> |
| <ul style="list-style-type: none"> • Treating Arthritic Conditions with Remedial Massage • Muscle Testing – Practical • Review all assessment and treatment techniques from WE1-4 • Stretching & rehab exercises – workshop including core stability, posture and postural analysis. | <ul style="list-style-type: none"> • Review all landmarks • Review all assessment and treatment techniques • Remedial and Sports Massage ‘Scenarios’ Workshop • <u>MOCK Quick-fire Practical Assessments</u> • Treatment of students by Professional Remedial Therapists | <ul style="list-style-type: none"> • Review Myofascial Release, Neuromuscular Therapy, Soft Tissue Release, Deep Transverse Frictions, Joint Mobilisations, Trigger Point Therapy, Muscle Energy Techniques. • Review all safety checks • Students treating Tutors • <u>MOCK Clinical Practice: Full Consultation, Assessment and Treatment</u> • Sports Event Massage – Introductory workshop | <ul style="list-style-type: none"> • <u>FINAL Clinical Practice: Full Consultation, Assessment and Treatment of a member of the public</u> • <u>FINAL Quick-fire Practical Assessments</u> • Introduction to Advanced Remedial Massage |