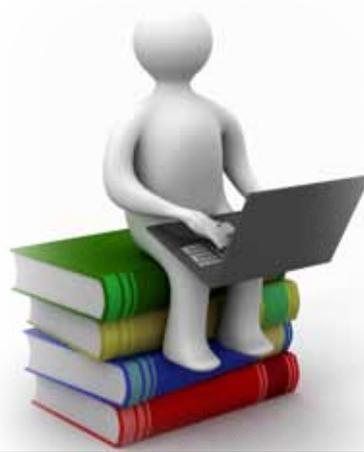


Knowledge



Outcome 1

Be able to prepare for stone therapy massage services

You can:	Portfolio reference / Assessor initials*
f. Describe salon requirements for preparing yourself, the client and work area	
g. Describe the environmental conditions suitable for stone therapy massage	
h. Describe the different consultation techniques used to identify treatment objectives	
i. Explain the importance of carrying out a detailed body analysis and relevant tests	
j. Describe how to select products, tools and equipment to suit client treatment needs.	
k. Explain the contra-indications that prevent or restrict stone therapy massage	
l. Describe the types of stones, their properties and uses	
m. Describe the historical and cultural background for stone therapy massage	
n. Describe how stones should be stored	

**Assessor initials to be inserted if orally questioned.*

Requirements highlighted in white are assessed in the external paper.



Outcome 2

Be able to carry out stone therapy massage

You can:	Portfolio reference / Assessor initials*
h. Explain how to communicate and behave in a professional manner	
i. Describe health and safety working practices	
j. Explain the importance of positioning yourself and the client correctly throughout the treatment	
k. Explain the importance of using products, tools, equipment and techniques to suit client treatment needs	
l. Describe how treatments can be adapted to suit client treatment needs	
m. State the contra-actions that may occur during and following treatments and how to respond	
n. Explain the importance of completing the treatment to the satisfaction of the client	
o. Explain the importance of completing treatment records	
p. Describe the methods of evaluating the effectiveness of the treatment	
q. Describe the aftercare advice that should be provided	
r. Describe the structure, function, position and action of the muscles of the body	

*Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external paper.



Outcome 2 (continued)

Be able to carry out stone therapy massage

You can:	Portfolio reference / Assessor initials*
s. Describe the location, function and structure of the bones of the body	
t. Describe the structure and function of the circulatory and lymphatic systems for the body	
u. Describe the physical and psychological effects of hot and cold stone therapy	

**Assessor initials to be inserted if orally questioned.*

Requirements highlighted in white are assessed in the external paper.

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare for stone therapy massage services

Management of health and safety at work: Clean up spillages, report slippery surfaces, remove/report obstacles, ensure good all round access to trolleys and equipment, sterilise/disinfect tools, equipment and work surfaces, wear personal protective equipment.

Electricity at work – checking/visual check of equipment, no trailing wires, portable appliance testing.

Manual handling – moving stock, lifting, working at heights, unpacking, posture, department, balance weight, preserve back, prevent slouching.

Towels – clean for every client, place dirty towels in covered bin.

Liability insurance – employers, public, professional indemnity.

Reporting of injuries, diseases and dangerous occurrences – accident book, reporting diseases, local bye-laws, code of conduct, risk assessment.

Regulations: Control of substances hazardous to health, management of health and safety at work, manual handling, personal protective equipment, reporting of injuries, diseases and dangerous occurrences, workplace (health and welfare).

Hazards and risks: A hazard is something that has the potential to cause harm. A risk is the likelihood of a hazard happening.

Hazards: Something with potential to cause harm, requiring immediate attention,

level of responsibility, report, nominated personnel, duty to recognise/deal with hazards.

Equipment – only used for intended purpose, safe usage, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance, portable appliance testing, correct disposal of contaminated waste, records.

Examples of legislation and regulations relating to massage: London Local Authorities require practitioners of massage to hold a 'Special Treatments' license, in the UK, the Medicines Act and the Consumer Protection Act may also be relevant to therapists providing massage services. The EU Cosmetics Directive may also be applicable, depending on the massage mediums used. This list is not exhaustive and learners and therapists are advised to seek advice from a professional association (such as FHT) with regard to regulatory requirements relating to massage.

Reasons for risk assessment: Staff, visitors, client health and safety, safe environment, minimise hazards and risks, requirement of legislation.

Hygiene:

General – sterilise and sanitise tools, disinfect work surfaces, cover cuts and abrasions, sanitise therapist's hands before and after treatments, sanitise with sprays and gels, clean towels between clients, place dirty towels in covered bin, use disposable towels, dispense products with



Outcome 1: Be able to prepare for stone therapy massage services (continued)

a spatula, pump or spray, use disposables wherever possible, no smoking, personal hygiene, replace loose lids, uncapped bottles and pots.

Disposal of waste – single use items, pedal bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

Therapist posture and deportment:

Correct posture when sitting, lifting and carrying, working methods to avoid Repetitive Strain Injury (RSI), hand exercises, standing posture, even weight distribution, client comfort, maintain modesty, client correctly positioned to get maximum benefit from treatment, ensure therapist positioning delivers appropriate techniques, appropriate space between client and therapist, prevent injury, optimum results, allow for visual checks.

Work area: Clean and hygienic, height adjustable chair, correct posture, correct couch height, lighting, ventilation, noise, music, temperature, ambience, no trailing wires, no obstructions, tools and equipment in a safe working position for therapist.

Client preparation: Protect client clothing, ensure client positioned correctly and comfortably, respect privacy and modesty.

Communication:

Verbal – speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to treatment.

Non-verbal – eye contact, body language, listening.

Record keeping: Accurate appointment systems, stationery, loyalty, rewards, acknowledgement of occasions,

consultation record keeping, contra-indications, signatures, refer to existing records, information clear, accurate and in logical order (name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, contra-indications, skin sensitivity tests, adaptations and modifications, recommendations, requirements, treatment plan), update record at the end of the treatment, update at each visit, maintained electronically, paper records.

Professional appearance: Clean professional uniform, closed in footwear, no jewellery, no piercings, hair (neatly tied back, fringe secured), light day make-up, personal hygiene and cleanliness (shower/bath, cover cuts and abrasions, deodorant or antiperspirant), oral hygiene (clean teeth, fresh breath), nails (good condition and maintained).

Professional ethical conduct: Polite, cheerful and friendly manner (friendly facial expressions, positive attitude, eye contact, open body language), client relations, confidentiality, respect for colleagues and competitors, avoid gossip, take pride in work, punctuality, employer and client loyalty.

Consultation techniques: Client requirements, client satisfaction, client expectations and aftercare, signatures, visual, listen, client card reference.

Body analysis: Muscle tone, overweight/normal weight, height, cellulite, oedema, postural analysis, excessive hair, temperature sensitivity.



Outcome 1: Be able to prepare for stone therapy massage services (continued)

Thermotherapy: Alternate use of heated and cooled stones, therapeutic values of both temperatures, muscle conditions, therapeutic value of oils used, effects of cool and warm temperatures on the body/vascular system/main body systems, physical effect of temperature on the body, sensitivity to temperature/reaction to temperature, response to oils, energy of temperature, physical response to heat, physical response to cold temperatures on the body, emotional response of temperature, Ying Yang of temperature, Ying Yang of basalt/marble, duration of response short term/long term response, duration of treatment, process of treatment/treatment sequence, distribution of temperature, stone technique, increase/decrease temperature both hot and cold, length and duration, isolated/specific work, related/antagonistic, injury/healing.

Contra-indications:

Examples of contra-indications that may prevent treatment – contagious skin disorders – bacterial (impetigo), viral (herpes simplex, herpes zoster), fungal (tinea corporis), allergies (skin), during chemotherapy or radiotherapy, cardiovascular conditions (hypertension, hypotension, deep vein thrombosis), pregnancy, diabetes (loss of skin sensitivity), severe varicose veins, clinical obesity.

Examples of contra-indications that may restrict treatment – cuts/abrasions, diabetes, epilepsy, menstruation, hernia, heavy meal, neck problems, varicose veins, asthma, sunburn, migraine, excessive erythema.

Examples of possible contra-actions:

Reaction to extremes of temperature,

erythema, swelling, allergic reaction, temperature sensitivity, (adverse response – remove all stones, maintain records, client to seek medical advice if required).

Treatment area: Towels, sheets, pillowcases, pillows, linens, room temperature (heating)/lighting, positioning of massage couch, dressing of towels, pillow support for client, quiet room, ventilation, and privacy.

Stones: Basalt stone, marble stone, energetic and vibrational properties, geological origins, formation process, hardness, smoothness, shape, size, weight, orientation, conversion to massage strokes, density, temperature deliverance and transference.

Cultural origins of stone massage:

Cultural use of stones, historical use of stones, stones for healing, stones for worship, Inyan Pejuta – Native American Indian practice, seven sister ceremony, Mary Nelson, current day.



Outcome 2: Be able to carry out stone therapy massage

Treatment techniques (process of collection, delivery and return of stones to heater/cooler): Placement and removal of stones to and from water heater during treatment, selection of stones, shapes, placement and removal of stones to and from the cooler during treatment, selection of stones, shapes, use of spoon, safe handling of warm stones, delivery of fresh warm stones to client, delivery of fresh cool stones to client, technique of moving stones over body, delivering treatment requirements with stones, deep work, light work.

Treatment techniques (stone massage therapy): Effleurage, petrissage, deep tissue, muscle stripping, placement, kneading, friction, facial work, speed and pressure, tucking, removal, storage, stone selection.

Treatment techniques (client communication during treatment): Balance of position on couch, safety of position on couch, ergonomics of body, posture, sitting up and lying down whilst supporting body in process, turning over mid-treatment, protection of physical body through posture/handling, temperature, pressure request, feedback, response, immediate, delayed, skin, muscle response, relaxation, invigoration.

Treatment evaluation: Feedback, expectations fulfilled, effective treatment, contra-actions, realistic time, satisfied client, treatment options, treatment plan review.

Aftercare advice: Rest, postural exercises, deep breathing exercises, mobility exercises, products, drink water, healthy diet, stress management, treatments options, lifestyle changes, contra-actions.

Physiological effects of stone therapy massage: Increased circulation, warm tissues, stimulation of skin increasing cellular function, desquamation, increased sebaceous secretions, increased lymphatic flow, stimulate nerve endings, break down of fatty tissue, relax tense muscles.

Psychological effects of stone therapy massage: Relaxation, relief from tension and stress, sense of wellbeing, invigorating.

Bones:

Skeletal system structure;

Bone tissue types – compact, cancellous.

Bone cells – osteocytes, osteoblasts, osteoclasts.

Bone types – long (epiphysis, diaphysis, red bone marrow, compact and cancellous tissue, periosteum), short, flat, irregular, sesamoid.

Joints – fixed, slightly moveable, freely moveable (ball and socket, hinge, pivot, gliding, condyloid/saddle).

Appendicular skeleton;

Shoulder girdle – clavicle, scapula.

Upper limb – humerus, radius, ulna, carpals (scaphoid, lunate, triquetral, pisiform, trapezium, trapezoid, capitate, hamate), metacarpals, phalanges.

Pelvic girdle – ilium, ischium, pubis (innominate bones).

Lower limb – femur, patella, tibia, fibula, tarsals (talus, calcaneus, navicular, medial, intermediate and lateral cuneiform, cuboid), metatarsals, phalanges.



Outcome 2: Be able to carry out stone therapy massage (continued)

Axial skeleton;

Skull – frontal, occipital, parietal, sphenoid, ethmoid, temporal, nasal, zygomatic, maxilla, mandible, lacrimal, turbinator, palatine, vomer, hyoid.

Thoracic – ribs, sternum.

Vertebral column – cervical, thoracic, lumbar, sacrum, coccyx, intervertebral disc.

Skeletal functions: Support, joints, movement, protection, attachment, mineral source, blood cell formation.

Examples of skeletal disorders:

Abnormal spinal curvatures – kyphosis, scoliosis, lordosis, cervical spondylitis.

Fractures – simple, compound, comminuted, greenstick, impacted, complicated.

Examples of skeletal diseases: Gout, osteoarthritis, osteoporosis, Paget's disease, rheumatoid arthritis, rickets, scleroderma, synovitis.

Muscular system structure:

Types – voluntary, involuntary, cardiac.

Muscles of the head, face, neck:

Buccinator, corrugator, depressor labii anguli, depressor labii inferioris, frontalis, levator anguli oris, levator labii superioris, levator palpebrae, levator scapula, masseter, mentalis, nasalis, occipitalis, orbicularis oculi, orbicularis oris, platysma, procerus, pterygoids, risorius, sterno-cleido mastoid, temporalis, zygomaticus.

Muscles of the anterior trunk: Iliopsoas (iliacus and psoas), internal and external intercostals, internal and external obliques, pectoralis major/minor, rectus abdominus, serratus anterior, transversalis abdominus.

Muscles of the posterior trunk: Deltoid, erector spinae, gluteal group (maximus, medius, minimus), infraspinatus, latissimus dorsi, quadratus lumborum, rhomboids, splenius capitus, subscapularis, supraspinatus, teres major, teres minor, trapezius.

Muscles of the upper limb: Biceps, brachialis, brachioradialis, coracobrachialis, deltoid, extensor carpi digitorum, extensor carpi radialis, extensor carpi ulnaris, flexor carpi digitorum, flexor carpi radialis, flexor carpi ulnaris, pronator teres, supinator radii brevis, triceps.

Muscles of the lower limb: Adductors (longus, magnus, brevis), extensor digitorum longus, fibularis (peroneus) longus, flexor digitorum longus, flexor digitorum longus, flexor hallucis longus, gastrocnemius, gracilis, hamstrings (biceps femoris, semitendinosus, semimembranosus), piriformis, quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), sartorius, soleus, tensor fascia latae, tibialis anterior, tibialis posterior.

Muscle functions: Contraction, relaxation, attachment, heat production, movement (flexion, extension, abduction, adduction, supination, pronation, rotation, circumduction, inversion, eversion, plantarflexion, dorsiflexion), posture, tone.

Examples of muscular diseases and disorders: Adhesions, atony, atrophy, bursitis, cramp, fatigue, fibromyalgia, fibrositis, frozen shoulder, lumbago, muscular dystrophy, myositis, RSI, rupture, shin splints, spasm, sprain, strain, tendonitis, torticollitis, whiplash.



Outcome 2: Be able to carry out stone therapy massage (continued)

Cardiovascular system structure:

Heart – wall (endocardium, myocardium, pericardium), aorta, atria, bicuspid (mitral) valve, chordae tendineae, inferior/superior vena cava, papillary muscles, pulmonary artery, pulmonary vein, semilunar valves (aortic and pulmonary), septum, tricuspid valve, ventricles.

Blood vessels – arteries, arterioles, veins, venules, capillaries.

Circuits – pulmonary circulation, portal circulation, coronary circulation, systemic circulation.

Major arteries of the head and neck – carotid, facial, occipital, temporal.

Major veins of the head and neck – jugular, occipital, temporal, maxillary, facial.

Major arteries of the body – aorta, descending aorta, subclavian, carotid, pulmonary, hepatic, splenic, renal, mesenteric, iliac, vertebral, axillary, brachial, ulnar, radial, palmar arch, femoral, popliteal, anterior tibial, plantar arch.

Major veins of the body – vena cava (inferior and superior), pulmonary, hepatic, splenic, renal, iliac, axillary, brachial, basilica, cephalic, subclavian, saphenous (long and short), venous arch, femoral, popliteal, posterior tibial, anterior tibial.

Blood – plasma, leucocytes (granulocytes and agranulocytes), erythrocytes, thrombocytes.

Cardiovascular functions: Transport, defence, clotting, regulation and homeostasis.

Examples of cardiovascular disorders and diseases: Anaemia, aneurysm, angina, arrhythmias, arteriosclerosis,

atherosclerosis, congenital heart disease, deep vein thrombosis gangrene, haemophilia, hematoma, HIV/AIDS, high cholesterol, hepatitis, hypertension, hypotension, leukemia, myocardial infarction, palpitations, phlebitis, pulmonary embolism, raynauds syndrome, septicaemia, sickle cell anaemia, stroke, thrombosis, varicose veins.

Lymphatic system structure: Lymph, lymph capillaries, lymphatic vessels, lymph nodes, lymphatic trunks, lymphatic ducts (thoracic and right lymphatic duct), subclavian veins, nodes (axillary, cervical – superficial and deep, inguinal, intestinal, occipital, popliteal, post-auricular, parotid, supraclavicular), appendix, peyers patches, spleen, tonsils, thymus.

Lymphatic functions: Subsidiary circulation (lymph formation), immunity, return of lost plasma proteins to the blood, transport dietary lipids.

Examples of Lymphatic disorders and diseases: Oedema, Hodgkin's disease, non-Hodgkin's lymphoma, lupus, cellulite, glandular fever, lymphadenitis.