

SPECIALIST AREA: SPORTS MASSAGE

(Linked to L3 Personal trainer [ST0302](#))

NB. The following duties are indicative and not exhaustive.

SPECIALIST DUTIES

- applies knowledge of human anatomy and physiology to sports massage
- carries out a range of client consultations/assessments in sports massage
- applies professional practice and client care in sports massage
- collects information relating to the client's current condition and status (including the contraindications and identification of conditions that would be inappropriate for treatment by someone at this level of qualification)
- applies knowledge of soft tissue dysfunction and distinguishes between acute injury and soft tissue dysfunction when assessing clients
- recognises when to defer treatment or when to refer to a more qualified massage or healthcare professional
- selects appropriate massage techniques for a range of clients
- applies knowledge of sports massage techniques/treatments safely and effectively, understanding the potential effects and adhering to any relevant legal/statutory requirements
- evaluates sports massage treatments and determines aftercare.