

Level 4 SMT ASSESSMENT STRUCTURE

ASSESSMENT DAY:

- PREPARE AREA (TOWELS, LOTION, BOLSTER, PILLOW, BED AT CORRECT HEIGHT, CLEAR OF OBSTRUCTIONS, ETC)
- MEET & GREET YOUR CLIENT
- CLIENT CONSULTATION
 - SUBJECTIVE ASSESSMENT
- GAIN INFORMED CONSENT
- EXPLAIN REASONING FOR ASSESSMENT & SELECTED OBJECTIVE TEST.
 - PALPATION CHECKLIST
 - POSTURAL ASSESSMENT
 - ROM TESTING
 - FUNCTIONAL MOVEMENT TESTS
 - SPECIAL TESTS
 - 5 TESTS IN TOTAL
 1. SPINE (Mandatory)
 2. SHOULDER (Mandatory)
 3. HIP (Mandatory)
 4. KNEE OR ANKLE
 5. ELBOW OR WRIST
- RECORD FINDINGS
- DISCUSS TREATMENT PLAN
- MASSAGE TREATMENT
 - WHOLE BODY MASSAGE INCLUDING EFF & PETT, TAPOTMENT ETC
 - INCORPORATE STR, MET, TRIGGER POINT, MYO-CTR, ETC
- END CLIENT TREATMENT
- RECORD FINDINGS IF ANY
- DISCUSS & FINALISE CLIENT SESSION INCLUDING
 - POST CARE ADVICE (STRETCHES, STRENGTHENING EXERCISES ETC.)
 - FUTURE TREATMENT PLAN
 - ADAPTED &/OR MODIFIED TREATMENT PLAN
 - GAIN CLIENT FEEDBACK

N.B. Objective testing & massage techniques can be conducted in whichever order is appropriate, the above list is purely a generalisation of what would be expected to be conducted as part of your assessment.