

ATMS Modality:

Remedial Massage

Definition of Treatment

Remedial massage is the systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management. It's performed to create favourable conditions for the body to return to normal health after injury and is defined by the premise that the treatment can reasonably reverse certain physical effects a patient may be presenting. If a patient has suffered a moderate injury resulting in structural pain and/or loss of function, then remediation is required to reduce or eliminate pain and restore that function. Remedial massage is designed to balance muscle/soft tissue length, tension, tone which will in turn promote the return to normal joint/capsular/bone position; increase the flow of blood and lymph, particularly in the injured areas, thus removing blockages, damaged cells, scar tissue and adhesions resulting from injury.



A remedial therapist must have knowledge of anatomy, physiology and pathophysiology to determine where to treat patients. Their services must be based on best practice principles and before any remedial massage treatment begins, a thorough patient consultation and assessment is to be performed to ascertain the patient's current health status. If the patient is suitable for remedial massage and relying on the patient's feedback to identify the areas that require attention, the therapist can then apply the relevant and appropriate treatment.

The assessment must include the development of a specific treatment plan as to the best course of treatment for the patient's condition/injury. This treatment plan forms the basis of the clinical notes. These notes must be consistent with the ATMS Code of Conduct, the Unregistered Health Practitioner Act and the additional requirements set by the health funds.

Health Fund	Educational Requirements	Provider Number
Australian Health Management	Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015. Qualifications completed by correspondence only and/or the clinical training not supervised will NOT be recognised. If practitioner holds overseas qualifications, they must at least equate to the required Australian qualifications	Names of eligible ATMS members will be sent to AHM each month. Your ATMS Number will be your provider number, unless you wish to have online claiming. You will then need to contact AHM directly for the new provider number.
Australian Regional Health Group (ARHG) Massage Therapy (Claim under Remedial Massage) <i>Not all health funds under ARHG cover this level.</i>	Certificate IV in Massage Therapy Practice HLT40302, HLT40307 or HLT40312 <ul style="list-style-type: none"> • Must contain at least 200 hours of practical training included in the course before graduation. • Distance, online, virtual and other off-campus studies will not be recognised unless the following is completed on campus in face to face mode: <ul style="list-style-type: none"> ○ Practical components of all health science subjects which require skills based knowledge e.g. surface anatomy and palpation ○ Practical components of course modality specific subjects which require skills based knowledge e.g. case taking and clinical examination, assessment of conditions, treatment plans, therapeutics, tactile therapies, massage techniques and other associated therapeutics and techniques. ○ All student clinical practicum hours must be completed at the educational institutions on campus clinic facilities and cannot be outsourced to private clinics. ○ All examinations, tests and assessment of competency to be undertaken and marked by qualified staff on campus ○ Excluding clinical training units which must be completed on campus, at least 50% of remaining course units must be delivered physically on campus in face to face mode. • Practitioners who received their training prior to the implementation of the HLT qualifications (March 2002) will be accepted by ARHG if they can demonstrate that: <ul style="list-style-type: none"> ○ They received (or upgraded) their qualifications in Australia ○ They have been in practice for at least the last four (4) years and ○ They have undertaken CPE, as per the membership requirements of their association, for a minimum four (4) year period. Does not accept overseas qualifications.	Details of eligible members, including member updates sent to ARHG by ATMS monthly. The ARHG provider number is based on your ATMS number with additional lettering. To work out your ARHG provider number please follow these steps: 1 Add the letters AT to the front of your ATMS member number 2 If your ATMS number has five digits go to step 3. If your ATMS number has less than 5 digits you need to add zeros (0) to the front to make it a five digit number (e.g. 123 becomes 00123). 3 Add the letter that corresponds to your accredited modality at the end of the provider number; M Massage Therapy If ATMS member 123 is accredited in Remedial Massage but only holds the Certificate IV qualification, the ARHG provider number will be AT00123M. The letter at the end of your provider number will depend on your qualification, not the modality in which you hold accreditation All ATMS Remedial Massage Therapists who do not hold the Diploma of Remedial Massage HLT50302 or HLT50307 are required to use the 'M' at the end of their provider number.

Remedial Massage Health Fund Requirements cont.

Health Fund	Educational Requirements	Provider Number
<p>Australian Regional Health Group (ARHG)</p> <p>Remedial Massage</p> <p>(Claim under Remedial Therapy)</p> <p><i>Not all health funds under ARHG cover this level.</i></p>	<p>Must meet the ARHG Massage Therapy requirements above AND: Hold a Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015.</p> <ul style="list-style-type: none"> • Must contain at least 200 hours of practical training included in the course before graduation. • Distance, online, virtual and other off-campus studies will not be recognised unless the following is completed on campus in face to face mode: <ul style="list-style-type: none"> ○ Practical components of all health science subjects which require skills based knowledge e.g. surface anatomy and palpation ○ Practical components of course modality specific subjects which require skills based knowledge e.g. case taking and clinical examination, assessment of conditions, treatment plans, therapeutics, tactile therapies, massage techniques and other associated therapeutics and techniques. ○ All student clinical practicum hours must be completed at the educational institutions on campus clinic facilities and cannot be outsourced to private clinics. ○ All examinations, tests and assessment of competency to be undertaken and marked by qualified staff on campus ○ Excluding clinical training units which must be completed on campus, at least 50% of remaining course units must be delivered physically on campus in face to face mode. • Practitioners who received their training prior to the implementation of the HLT qualifications (March 2002) will be accepted by ARHG if they can demonstrate that: <ul style="list-style-type: none"> ○ They received (or upgraded) their qualifications in Australia ○ They have been in practice for at least the last four (4) years and ○ They have undertaken CPE, as per the membership requirements of their association, for a minimum four (4) year period. <p>Does not accept overseas qualifications.</p>	<p>Details of eligible members, including member updates sent to ARHG by ATMS monthly.</p> <p>The ARHG provider number is based on your ATMS number with additional lettering. To work out your ARHG provider number please follow these steps:</p> <ol style="list-style-type: none"> 1 Add the letters AT to the front of your ATMS member number 2 If your ATMS number has five digits go to step 3. If your ATMS number has less than 5 digits you need to add zeros (0) to the front to make it a five digit number (e.g. 123 becomes 00123). 3 Add the letter that corresponds to your accredited modality at the end of the provider number; R Remedial Therapy <p>If ATMS member 123 is accredited in Remedial Massage, the ARHG provider number will be AT00123R. The letter at the end of your provider number will depend on your qualification, not the modality in which you hold accreditation. All members who hold a Diploma of Remedial HLT50302 or HLT50307 will be able to use both the 'M' and 'R' letters. It is recommended to use the 'R' as often as possible, but as not all health funds under ARHG cover 'Remedial Therapy', it will be necessary to use the 'M' at the end of the provider number for those funds only.</p>
<p>Australian Unity</p>	<p>Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015.</p>	<p>Names and details of eligible ATMS members will be sent to Australian Unity each month. ATMS members will need to contact Australian Unity on 1800 035 360 to register as a provider, after filling out the Australian Unity Application Form located on the ATMS website to activate their provider status. This only needs to happen the first time. Your ATMS number can be used as your Provider Number, or you can contact Australian Unity for your Australian Unity generated Provider Number.</p>
<p>BUPA</p>	<p>Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015. Any educational qualifications substantially attained by distance only learning, online learning and external mode will not be recognised.</p>	<p>Names and details of eligible ATMS members will be sent to BUPA on a weekly basis. BUPA will generate a Provider Number after receiving the list of eligible practitioners. BUPA advises ATMS of your Provider Number and ATMS will then advise those members directly.</p>
<p>CBHS Health Fund</p>	<p>Meets ATMS requirements.</p>	<p>Names and details of eligible ATMS members will be sent to CBHS each month. Your ATMS number will be your Provider Number.</p>
<p>Doctors Health Fund</p>	<p>Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015.</p>	<p>Names and details of eligible ATMS members will be sent to Doctors Health Fund each month. Your ATMS number will be your Provider Number.</p>

Remedial Massage Health Fund Requirements cont.

Health Fund	Educational Requirements	Provider Number
Grand United	Practitioners need to apply directly and can contact health fund on 1800 249 966.	
HCF	Diploma of Remedial Massage HLT50302 or HLT50307 or HLT52015 Advanced Diploma of Applied Science (Massage) Diploma of Health Science (Massage Therapy) <ul style="list-style-type: none"> • Diploma (does not include Certificate IV) or higher qualification must be completed over 12 months full time or 18 months full time • Adequate component of supervised clinical training • Courses delivered online or by distance education are not accepted. • Providers with Diplomas issued through Recognised Prior Learning (RPL) must be able to produce evidence to support that RPL for all units. 	Names and details of eligible ATMS members will be sent to HCF on a weekly basis. Your ATMS number will be your Provider Number.
Medibank Private	Diploma of Remedial Massage HLT50307 or HLT52015 <ul style="list-style-type: none"> • Diploma must be completed full time over 12 months or 18 months if part time. • 20% of the course to contain clinical practice conducted on campus by a trainer with the appropriate qualifications. • The following components should be completed on campus: <ul style="list-style-type: none"> ○ Surface anatomy ○ Palpation ○ Clinical examination ○ Assessment of conditions ○ Treatment plans ○ Tactile therapies ○ Massage techniques and other associated therapeutics and techniques 	Names and details of eligible ATMS members will be sent to Medibank Private on a monthly basis. Medibank Private generates Provider Numbers after receiving the list of eligible practitioners from ATMS. Medibank Private sends these provider numbers directly to your clinic address/es.
NIB	Diploma of Remedial Massage HLT50307 or HLT52015.	Names and details of eligible ATMS members will be sent to NIB on a weekly basis. Your ATMS Number will be your provider number, unless your client wishes to claim online. Your client will need to contact NIB directly or search by your surname and postcode on the NIB website www.nib.com.au for your provider number for online claiming purposes.