Diploma of Remedial Massage

This program will help you to learn and apply the skills and knowledge used in remedial massage.

Graduates will be able to work as a remedial massage therapist in the following areas:
- self-employed as an independent remedial therapist
- multi-disciplinary practice as part of a team of other allied health practitioners
- hospitals, aged care facilities and other health organisations
- gyms or sporting clubs
- health spas

You’ll learn a variety of treatment techniques and assessment skills, via on-the-job experience and off-the-job training, to provide remedial massage to clients with specific needs.

These skills are based on a comprehensive knowledge of anatomy and physiology, regional musculoskeletal and systemic pathology as well as injury management and rehabilitation.

You’ll apply your skills and knowledge in practical situations with most of your industry experience taking place at RMIT’s city-based Myotherapy Teaching Clinic.

RMIT’s strong links with industry will also give you opportunities to apply your skills while you study through industry placement opportunities.

Industry connections
RMIT has practical placement partnerships that may enable you to work with elite athletes, performing and circus arts organisations and health-related areas such as rehabilitation and community health centres.

Learning and teaching
The Myotherapy Teaching Clinic gives you the opportunity to gain experience in a simulated work environment. You will observe, practise and be assessed by a qualified supervisor while treating members of the public.

Ongoing assessment throughout the program typically includes written and online tests, assignments, journals, evidence portfolios, logbooks and practical demonstrations.

You’ll have access to online resources through the myRMIT student portal.

Career outlook
Graduates will be able to practise as remedial massage therapists in their own practice, as members of a health clinic.

A remedial massage therapist can also function as a specialist member within an interdependent multi-disciplinary team of health professionals.

Graduates have the option of continuing their study with the Advanced Diploma of Myotherapy.

Professional recognition
The Diploma of Remedial Massage is recognised by more than 10 professional organisations, including:
- Massage and Myotherapy Australia (MMA)
- Association of Massage Therapists (AMT)

Associate membership of MAA is available to students currently studying Remedial massage. AMT offers free student membership to enrolled full or part time students of massage therapy.

Graduates will be eligible to register for provider number status with private health insurers and WorkCover.

Program snapshot

Program code: C5357
National code: HLT52015

Duration
Full-time: 1.5 years
The program is delivered over 18 months (3 Semesters) full-time. Students attend RMIT 3 to 4 days per week.

Location
City campus

Selection mode
Direct application

How to apply
Semester 1:
VTAC
vtac.edu.au
Direct to RMIT
rmit.edu.au/programs/apply/direct

Semester 2:
Direct to RMIT
rmit.edu.au/programs/apply/direct

Fees
For local fee information:
rmit.edu.au/programs/fees

Contact
Info Corner
330 Swanston Street
(cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260
rmit.edu.au/programs/c5357
Program structure

First semester
You’ll gain knowledge and understanding of key areas including anatomy, client care and massage therapy (therapeutic, sports and deep tissue).

Second semester
You’ll be introduced to remedial massage assessment and treatment, along with pathologies and expanded anatomical study. You will begin remedial massage to athletes and be exposed to exciting placement opportunities within sporting clubs. There will also be placement opportunities within community health.

Third semester
You’ll continue remedial massage treatment and assessment (including manual lymphatic drainage and corrective exercises), and consolidate your knowledge and skills. You will learn new specialist remedial massage and additional treatment options for people with chronic conditions and diseases. You will also learn how to monitor and manage small business operations.

| Establish and manage client relationships (CHCCOM006) | Develop massage practice (HLTMSG001) | Monitor and manage small business operations (BSBSMB405) |
| Work with diverse people (CHCDIV001) | Assess client massage needs (HLTMSG002) | Address the needs of people with chronic disease (CHCCCS001) |
| Manage legal and ethical compliance (CHCLEG003) | Perform remedial massage musculoskeletal assessments (HLTMSG003) | Promote functional movement capacity (SISFFIT018) |
| Reflect on and improve own professional practice (CHCPRP003) | Provide massage treatments (HLTMSG004) | Confirm physical health status (HLTAAP002) |
| Engage with health professionals and the health system (CHCPRP005) | Provide remedial massage treatments (HLTMSG005) | Adapt remedial massage practice for athletes (HLTMSG007) |
| Analyse and respond to client health information (HLTAAP003) | Adapt remedial massage treatments to meet specific needs (HLTMSG006) | |
| Manage the prevention and control of infection (HLTINF004) | Monitor and evaluate remedial massage treatments (HLTMSG008) | |
| | Manage work health and safety (HLTWH004) | |

Core Units - Select all 16
Elective Units - Select 5

Please note: This is an example of the program structure. Courses may change and may not be available each semester.