

Course title	Therapeutic massage
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Academic year	2020/2021
Semester	winter/summer
Content	<p>Anatomical and physiological basic foundations of massage, basic techniques of therapeutic massage.</p> <p>Discussion of the principles, conditions of massage and the principles of health and safety. The effect of massage on the body. Indications and contraindications for performing a massage.</p> <p>Methodology of therapeutic massage: patient postures, massage of individual body areas, principles of using therapeutic massage in pathological states of the body.</p> <p>Practical classes aimed at improving the skills in the methodology of performing therapeutic massage in selected diseases</p> <p>Segmental massage: basics of segmental massage, general principles of using segmental massage, selected techniques, indications and contraindications for performing segmental massage.</p>
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ul style="list-style-type: none"> • gain knowledge about the specificity of performing therapeutic massage, techniques and methods of performing treatments. • prepare for individual therapeutic massage treatments and cooperation in a physiotherapeutic team. • distinguish basic treatment techniques used in massage and applies basic therapeutic techniques appropriate for massage
Selected literature	<ul style="list-style-type: none"> • Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review (2015). Diederik C Bervoets, Pim AJ Luijsterburg, Jeroen JN Alessie, Martijn J Buijs, Arianne P Verhagen. Journal of Physiotherapy 61 (2015) 106–116 • Masaż klasyczny (2008). Adam Zborowski A-Z, Kraków
Teaching tools/methods	<ul style="list-style-type: none"> • Lecture with elements of conversations • Work in groups/pairs
Form of examination	Practical exam