



Course title	<b>Therapeutic massage</b>	Instructor	<b>Determined later</b>
		Instructor's email address	
Semester	2	ECTS credits	5/3
Academic year	2019/2020	Contact hours	30
Level	1-Bachelor	Language of instruction	English

#### Learning outcomes and competences

At the end of the course the learner is expected to be able to:

- 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

#### Course contents

- Anatomical and physiological basic foundations of massage, basic techniques of therapeutic massage.
- 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.
- Methodology of therapeutic massage: patient postures, massage of individual body areas, principles of using therapeutic massage in pathological states of the body.
- Practical classes aimed at improving the skills in the methodology of performing therapeutic massage in selected diseases
- Segmental massage: basics of segmental massage, general principles of using segmental massage, selected techniques, indications and contraindications for performing segmental massage.

#### Recommended reading

- 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 and learning methods



- Lecture with elements of conversations
- Work in groups/pairs

#### Assessments methods

- Clinical study
- Practice in pairs/groups