



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Introduzione alle Tecniche Manuali Dolci Secondo la Metodica dei Pumpages

1920-2-I0201D026

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#### Aims

At the end of the course the student will learn the basic principles of gentle manual techniques according to the method of pumpages, will learn the basics of the method of application pumpages, will know any contraindication to the technique of pumpages.

#### Contents

The course is designed to introduce participants to a gentle manual approach to be used in different musculoskeletal disorders.

#### Detailed program

History and general principles of pumpages

- Anatomy and pathophysiology of fascias, muscles and joints
- Method of application and their effects on circulation, relaxation, joint trophism
- Joint recovery
- Indications and contraindications;
- practical application of specific palpation of the main pumpages: preparatory, cervical spine, thoracic spine and chest, lumbar, shoulder girdle and upper limb,

pelvis and lower limb.

**Prerequisites**

**Teaching form**

**Textbook and teaching resource**

**Semester**

**Assessment method**

**Office hours**

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