

# UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

## **COURSE SYLLABUS**

## **Pompage Technique**

2021-2-I0201D026

#### **Aims**

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

#### **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 pompages

- 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 pompages: preparatory,

cervical spine, thoracic spine and chest, lumbar, houlder girdleand upper limb,

pelvis and lower limb.

rerequisites	
eaching form	
extbook and teaching resource	
emester	
ssessment method	
ffice hours	