



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Massage Therapy

2122-1-I0201D130-I0201D189M

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#### Aims

- basic principles of massotherapy
- most used approaches to massotherapy
- to apply conventional techniques of massotherapy

#### Contents

##### Detailed program

- introduction - massage for: hygiene, therapy, sport, aesthetic -

mechanisms of the massage action: direct mechanic, indirect or reflex

Massage techniques

Contraindication, precautions, indication

Techniques for: Lumbar spine Thoracic – cervical spine Lower limbs Upper limbs

#### Prerequisites

#### Teaching form

Lecture and lab in attendance subject to any changes following the pandemic.

### **Textbook and teaching resource**

- Dario Fiandesio,

“Massofisioterapia – Manuale per operatori sanitari”, UTET, 1990 -

Caspani F., “Teoria e pratica del micromassaggio estremo orientale –

l'equilibrio della circolazione energetica”, Red Edizioni, 2002 - Caspani F.,

“Trattato di micromassaggio estremo orientale Dui Na An Mo”, Ed.

Speciale Riabilitazione, 1999 - Caspani F., dispense corso di studi Tui Na,

2003 - Dicke E., “Massaggio connettivale secondo Dicke”, Piccin S.G.

Salvo, "Massage Therapy : principles and practice", 4a Ed., 2012

### **Semester**

### **Assessment method**

Described in the subject's syllabus

### **Office hours**

By appointment

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