UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Introduzione alle Tecniche Manuali Dolci Secondo la Metodica dei Pompages

2122-2-I0201D026

Aims

Learning the basic principles of gentle manual techniques according to the method of pompages, the basics of the method of application pompages, contraindications.

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.

Prerequisites

Teaching form

Lessons and small group practice in attendance subject to any changes following the pandemic.

Textbook and teaching resource

Semester

Assessment method

Office hours