



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

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

2223-2-I0201D026

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#### Aims

Learning the basic principles of gentle manual techniques according to the method of pumpages, the basics of the method of application pumpages, 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 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**

Lessons and small group practice in attendance

### **Textbook and teaching resource**

handouts

### **Semester**

annual

### **Assessment method**

attendance

### **Office hours**

by appointment

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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