UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Massage Therapy

2324-1-I0201D130-I0201D189M

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 connetivale secondo Dicke”, Piccin S.G.

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

Semester

Assessment method

Described in the subject's syllabus

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING