

UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Pompage Technique

2425-2-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
no
Teaching form
Frontal teaching 2h interactive teaching - clinical practice activity 5h
Textbook and teaching resource
handouts and slides
Semester
second semester
Assessment method
Group Project work
Office hours
by appointment
Sustainable Development Goals
GOOD HEALTH AND WELL-BEING QUALITY EDUCATION GENDER EQUALITY