UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Massoterapia

2425-1-I0201D130-I0201D189M

Aims

Knowing the principles of Massage Therapy, the main approaches and knowing how to correctly apply Massage Therapy techniques.

Contents

The student will be informed about the different types of massage and will be instructed on the various methods of Massage Therapy. Finally, an important focus will be imposed on the contraindications (absolute and relative) to the treatment, making it capable of setting up a correct Massage Therapy treatment.

Detailed program

The program will address the following topics:

- History of Massage Therapy - the evolution of Massage from its origins to contemporary Massage Therapy will be explained to the student;
- Types of Massage - the different types of massage will be explained to the student (Swedish Massage, Neuroconnective Reflexology Massage, Lymphatic Drainage, Traditional Chinese Massage, Shiatsu Massage, Ayurvedic Massage, Deep Transverse Massage (Cyriax) and Other Massage Modalities;
- Massage methods - the differences between Hygienic, Therapeutic, Aesthetic and Sports massage will be explained to the student;
- Effects of Massage - the local and remote effects of a Massage Therapy Treatment will be explained to the student;
- Contraindications - the absolute and relative contraindications to the Massage Therapy Treatment will be

explained to the student
- EBM in Massage Therapy - the student will be provided with an overview of the most recent literature reviews relating to massage in various fields;

An important space will be left for the practical part concerning: spine, upper limb and lower limb.

Prerequisites

The Massage Therapy module integrates the Motor System Evaluation course, integrating the student's palpatory skills.

Teaching form

The course includes both frontal lessons which are carried out as delivery teaching and exercises which are carried out as delivery teaching; 10 h.
To complete the course, the review of the techniques and practice will be presented by the students in flipped classroom mode (interactive teaching), 2 h.

Textbook and teaching resource

Students will be provided with a handout with the contents of the slides shown in class with the Bibliography.

The reference books are:

- Stephanie J. Simonson and Mary Beth Braun - Massoterapia: Chinesiologia, manovre e applicazioni terapeutiche;
- Mario P. Cassar - Massoterapia. Una guida completa per lo studente e per il massoterapista professionista.

Semester

First semester of the first year of the Degree Course in Physiotherapy

Assessment method

The exam is described in the Syllabus of the general Motor System Evaluation course.
The evaluation of the Massage Therapy module will take place through an oral exam of 3 questions on the topics covered in class and the execution of a practical part relating to the topics covered in class.

Office hours

We only receive by appointment by contacting the email address: ilario.bettineschi@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | PARTNERSHIPS FOR THE GOALS