UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Massage Therapy

2526-1-I0201D130-I0201D189M

Aims

Students will learn the principles of Massotherapy, the main approaches and be able to apply Massotherapy techniques correctly

Knowledge and understanding: students will be able to understand the principles of Massotherapy, the main approaches and be able to apply Massotherapy techniques correctly;
Applying knowledge and understanding: students will be able to apply the principles of Massotherapy treatment after a correct assessment of the patient;
Making judgements:students, thanks to the practical part, will be able to evaluate different body districts and identify tissues with different densities;
Communication skills: students, through the flipped classroom review, will improve their communication skills in order to achieve a clearer communication with patients and colleagues;
Learning skills: students through the training of their palpatory skills will be able with the experience to improve their manual skills, furthermore the introduction of evidence in the field of massage therapy will provide students with the opportunity to keep up to date with the latest scientific evidence.

Contents

Students will be informed about the different types of massage and will then be instructed in the various modes of massage therapy treatment. Finally, an important focus will be set on the contraindications (absolute and relative) to treatment, making them skilled in setting up a correct massage therapy treatment.

Detailed program

The programme will cover the following topics:
History of Massage Therapy, the evolution of Massage from its origins to contemporary Massage Therapy will be explained to the students;
Types of Massage, the different types of massage (Swedish Massage, Neuroconnective Reflexology Massage, Lymphatic Drainage, Traditional Chinese Massage, Shiatsu Massage, Ayurvedic Massage, Transverse Profound Massage and Other Modalities of Massage will be explained to the students;
Modalities of Massage, the differences between Hygienic, Therapeutic, Aesthetic and Sports Massage will be explained to students;
Effects of Massage, the local and distant effects of a Massage Therapy Treatment will be explained to students;
Contraindications, the absolute and relative contraindications to Massage Therapy Treatment will be explained to students
EBM in Massage Therapy, an overview of the most recent literature reviews on massage in various fields will be provided to students.

An important space will be given to the practical part concerning: column, upper limb and lower limb.

Prerequisites

The Massage Therapy module complements the Motor System Assessment course and is the first treatment modality made available to students.

Teaching form

2 lessons of 6 hours of practical exercise.
The course includes both face-to-face lectures that take place as dispensed teaching and exercises that take place as dispensed and interactive teaching.
To complete the course, the practice techniques will be presented by the students in a flipped classroom mode.

Textbook and teaching resource

Students will be provided with a handout with the contents of the slides projected during the lecture and the relevant bibliography.

The reference books are:
Stephanie J. Simonson -Mary Beth Braun Massotherapy.Kinesiology, manoeuvres and therapeutic applications;
Mario P. Cassar: Massotherapy. A complete guide for the student and the professional massage therapist.

Semester

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

Assessment method

The examination is described in the Syllabus of the General Motor System Assessment course.
The assessment of the Massage Therapy module will take place by means of an interview with 3 questions on the topics covered in class, to which is added the performance of a practical part relating to the topics covered in class.

Office hours

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Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY