



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Introduzione alle Tecniche Manuali Dolci Secondo la Metodica dei Pumpages

2526-2-I0201D026

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

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
