

## Subject: Therapeutic and preventive Massage

### I. General information

<b>Organization unit</b>	Faculty of Rehabilitation Chair: Occupational Therapy Supervisor: prof. Monika Guskowska
<b>Course name</b>	Therapeutic and preventive Massage
<b>Subject code</b>	FV50
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	Bachelor and Master
<b>Study year</b>	2,3
<b>Semester</b>	winter and summer
<b>ECTS points</b>	3
<b>Teacher/email</b>	dr hab. Anna Cabak <a href="mailto:anna.cabak@awf.edu.pl">anna.cabak@awf.edu.pl</a> priv. <a href="mailto:cabakanna@gmail.com">cabakanna@gmail.com</a>
<b>Studies program in which the subject is realized</b>	PHYSIOTHERAPY,    PHYSICAL    EDUCATION    and OCCUPATIONAL THERAPY
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	Basic knowledge of anatomy, kinesiology

## II. Detailed Information

### Course aims and objectives

<b>A1</b>	Familiarization student with methodology, terms, indications, contraindications and aims of the classic therapeutic massage.
<b>A2</b>	Acquisition of practical skills, manual grips and techniques of classic/Swedish massage.
<b>A3</b>	Familiarization with the possibilities of using massage in prevention, treatment and biological restitution in sport.

### Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
In terms of knowledge, the graduate knows and understands: O.W6, indications and contraindications for providing physical treatments and massage, kinesiotherapy and manual therapy as well as special physiotherapy methods; C.W7 theoretical, methodical and practical foundations of kinesiotherapy, manual therapy and massage, as well as special physiotherapy methods;	1.Student/ Describes the theoretical basis and methodical therapeutic massage. 2. Knows basic techniques and movements of classical massage. 3. Understands the importance of the application of ergonomic principles when performing massage.
<b>Skills</b>	
In terms of skills, the graduate can: O.U1, provide services of physical therapy, kinesiotherapy, massage and manual therapy, as well as special physiotherapy methods; C.U8 plan, select and perform kinesiotherapy, manual therapy and massage, as well as special physiotherapy methods;	1.Performs correctly techniques of classical massage, taking into account various purposes. 2. Can control the effectiveness of massage treatments and identify errors and negligence in carrying out massage. 3. Can find and select the current literature in the field of massage and critically evaluate the information contained therein.
<b>Social Competences</b>	
In terms of social competence, the graduate is ready to: O.K1, establish and maintain respectful contact with the patient, as well as to show understanding of ideological and cultural differences;	1.Independently organizes, plans and carries out massage treatments. Take responsibility for the work. 2. Establishes good rapport with the massaged person, telling her/his about the preparation for a massage and possible reactions during and after treatment. 3. Knows and respects the principles of safety are closely linked to the performance of massage treatments according to each other and to the patient / client (including the use of medical disinfectants). 4. Cares about safety at the workplace.

O.K2 practice the profession, be aware of the role that the physiotherapist plays for the benefit of society, including the local community;	
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### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
• SC1	• Introduction to the course ( preparation for classes, requirements). Familiar with the equipment in the massage room. The main principles of ergonomic in massage, preparing place and client for massage.(3h)
• SC2	• Demonstration and performance/practice of classical massage techniques in selected areas of the body: the stroking, rubbing and squeezing (deep stroking) .(3h)
• SC3	• Demonstration and performance of classical massage techniques in selected areas of the body: kneading, hitting, shaking and vibration. (3h)
• SC4	• Using dry sauna as preparation tissues before massage. Demonstration and performance of back massage. (3h)
• SC5	• Demonstration and performance of neck massage. (3h)
• SC6	• Demonstration and performance of preventive “chair massage”. (3h)
• SC7	• Presentations of students works (popular/usefull forms of massage in their countries). (3h)
• SC8 SC 9	• Demonstration and performance of relaxation massage. • Finnish dry Sauna show. • Repetition (3h)
• SC10	• Practical Assessment. Final evaluation (3h).
<b>Lectures</b>	
<ul style="list-style-type: none"> <li>• The effect of massage on the human body.</li> <li>• Methodology and goals of basic massage techniques.</li> <li>• Indications and contraindications for massage.</li> <li>• Principles of ergonomics in massage.</li> <li>• Selected form of sport massage, ice massage, isometric massage.</li> </ul>	

**Assessment criterion**

<b>Local grade</b>	<b>Grade</b>	<b>Criteria/ Student:</b>
<b>5</b>	<b>A</b>	Combines theoretical and practical knowledge (it is able to explain the methodology used during the massage and its effect on the body).
<b>4,5</b>	<b>B</b>	Applies the principles of ergonomics in the work of a masseur, consciously selects techniques and movements during the procedure, adapting them strictly to the purpose of the massage.
<b>4</b>	<b>C</b>	Correctly performs the basic techniques of classical massage in accordance with all its principles (which he understands and consciously applies).
<b>3,5</b>	<b>D</b>	Meets the basic requirements of health and safety, arranges the patient safely, the student knows and correctly performs the basic techniques and movements of classical massage.
<b>3</b>	<b>E</b>	Knows and correctly performs the basic techniques and movements of classical massage.
<b>2</b>	<b>F</b>	Is not able to organize the workplace, does massage safely, does not use basic techniques.

**1 ECTS point = 30 hours students work (contact + self study)**

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
Contact hours (classes)	45
Self study	45
<b>Total = 90 hours = 3 ECTS</b>	