**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** | | | | | | | |
| **1.2.** | **FACULTY OF MEDICAL BIOENGINEERING** | | | | | | | |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation | | | | | | | |
| **1.4.** | **STUDY FIELD:** Health | | | | | | | |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE | | | | | | | |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH | | | | | | | |
| 1. **Subject data** | | | | | | | | |
| **2.1.** | **Subject: MASSAGE. COMPLEMENTARY TECHNIQUES RE 1210** | | | | | | | |
| **2.2.** | **Module leader:** Associate professor Mariana Rotariu, Ph-D | | | | | | | |
| **2.3.** | **Seminar leader:** Asist. Avram Iustina Ph-D | | | | | | | |
| **2.4. Year of study** | | **2** | **2.5. Semester in which is taught** | **I, II** | **2.6. Evaluation type** | colloquium | **2.7. Subject status** | Mandatory/ D.S |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** |  | **3.2. Courses number of hours / week** |  | **3.3. practical classes/ clinical training** |  |
| **First semester** | 2 |  | 1 |  | 1 |
| **Second semester** | 2 |  | 1 |  | 1 |
| **3.4. Total number of learning hours** | 56 | **3.5. Courses** | 28 | **3.6. practical classes/ clinical training** | 28 |
| **3.7. Distribution of the available time** | | | | | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | | | | | 24 |
| **Supplementary documentation in the library, using specialized platforms via internet and by field work** | | | | | 10 |
| **Preparation for seminars / practical classes, study themes, reviews, portfolio, and essays** | | | | | 10 |
| **Tutorship** | | | | | 2 |
| **Examinations** | | | | | 6 |
| **Other activities (clinical training)** | | | | |  |
| **3.8. Total hours of individual study** | | | | | 44 |
| **3.9. Total hours pes semester** | | | | | 100 |
| **3.10. Number of credits** | | | | | 4 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | Theoretical and methodical basis of kinesitherapy |
| **4.2.** of competences |  |

1. **Conditions (where applicable)**

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| **5.1.** for lectures |  |
| **5.2.** for seminars / practical classes |  |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C2.1 To know the definition of the general and local effects of the medical massage, description of the principal techniques of massage for different regions of the human body accompanied by their indications and contraindications.  C2.2 To apply the specific massage therapy for different pathology and regions of the human body.  C2. 3 To know how to analyze the intensity and time parameters of the different massage techniques according to the pathology, appreciating the muscle tonus, the algic sensibility, before and after the massage therapy.  C2. 4 Implementation of new massage therapy protocols. |
| Transverse competences (of role, of professional development, personal) | The identification of the roles and responsibilities when working in a multidisciplinary team. |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | Establishing the role of massage therapy in relation with other physical therapies. |
| **7.2.** Specific objectives | To assimilate the theoretical and practical basis of the therapeutic massage techniques and other complementary techniques. |

1. **Contents**

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| **8.1. Lecture** | | **Teaching methods** | **Observations** |
| **1st semester** | |  |  |
| 1. Introductive course, the massage history, effects, applications. | | PPT presentation | 2h |
| 2. The anatomy and physiology of the skin; Notions about the anatomical structures that compose the movement apparatus of the human body. | | PPT presentation | 2h |
| 3. Nervous system physiology | | PPT presentation | 2h |
| 4. Interactions between profound and superficial blood circulatory systems. Hygiene conditions in the massage therapy room; preparation of the body mechanics for the therapist. Classical massage: definition, objectives, therapeutically effects, indications and contraindications. | | PPT presentation | 2h |
| 5. Effleurage (sliding/gliding): definition, techniques of application, effects, indications and contraindications. Superficial Petrissage (kneading): definition, techniques of application, mechanisms of action, effects, indications and contraindications. | | PPT presentation | 2h |
| 6. Profound Petrissage (kneading): definition, techniques of application, mechanisms of action, effects, indications and contraindications. Vibration: definition, techniques of application, mechanism of action, effects, indications and contraindications. | | PPT presentation | 2h |
| 7. Friction (cross fiber): definition, techniques of application, mechanisms of action, effects, indications and contraindications. Tapotement (rhythmic tapping): definition, techniques of application, mechanism of action, effects, indications and contraindications. | | PPT presentation | 2h |
| **2nd semester** | |  |  |
| 1. Sedative techniques of the classical massage: methods of application, indications and contraindications. Stimulating techniques of the classical massage: methods of application, indications and contraindications. | | PPT presentation | 2h |
| 2. Secondary techniques of the classical massage: : methods of application, indications and contraindications. The integration of the massage therapy in the physiotherapy rehabilitation program. | | PPT presentation | 2h |
| 3. Regional massage application: neck, head and thorax. | | PPT presentation | 2h |
| 4. Regional massage application: lumbosacral region and abdomen. | | PPT presentation | 2h |
| 5. Regional massage application: upper and lower limbs. | | PPT presentation | 2h |
| 6. Reflex massage therapy; Deep tissue massage; Vogler’s periosteal massage; Cornelius’s nervous points massage; Fitzgerald zone therapy; Cyriax transvers profound massage. | | PPT presentation | 2h |
| 7. Traction and vertebral mobilization; Chinese massage; plantar massage; lymphatic drainage. | | PPT presentation | 2h |
|  | | PPT presentation | 2h |
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| **8.2. Seminar / practical classes** | **Teaching methods** | | **Observations** |
| **1st semester** |  | |  |
| 1. Effleurage (sliding/gliding): definition, techniques of application, mechanisms of action, effects, indications and contraindications. | Practical demonstrations and applications. | | 2h |
| 2. Superficial petrissage (kneading): definition, techniques of application. |  | | 2h |
| 3. Profound petrissage (kneading): definition, techniques of application. |  | | 2h |
| 4. Vibration: definition, techniques of application. |  | | 2h |
| 5. Friction (cross fiber): definition, techniques of application. |  | | 2h |
| 6. Tapotement (rhythmic tapping): definition, techniques of application. |  | | 2h |
| 7. Sedative massage techniques. |  | | 2h |
| **2nd semester** |  | |  |
| 1. Stimulating massage techniques. |  | | 2h |
| 2. Secondary classical massage techniques. |  | | 2h |
| 3. Therapeutic massage of the upper and lower limb. |  | | 2h |
| 4. Therapeutic massage of the lumbosacral region and of the abdomen. |  | | 2h |
| 5. Reflex massage. |  | | 2h |
| 6. Profound transvers massage – Cyriax. |  | | 2h |
| 7. Massage of the conjunctive tissue; Lymphatic drainage. |  | | 2h |
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| **Bibliography**  **mandatory**   1. Courses and seminars/practical applications 2. Ruth Werner, A Massage Therapist's Guide to Pathology, 5th Edition 2012 3. James H. Clay, David M. Pounds, Basic Clinical Massage Therapy: Integrating Anatomy and Treatment Second Edition (LWW Massage Therapy and Bodywork Educational Series) 2008.   **selective**   1. Fiona Rattray and Linda Ludwig, Clinical Massage Therapy: Understanding, Assessing and Treating Over 70 Conditions, 2000. 2. Donna Finando, Steven Finando, Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch, Healing Arts Press, Rochester, Vermont, 2005. 3. Susan G. Salvo, Massage Therapy: Principles and Practice, 4e, Elsevier-Saunders, 2011. | | | |

1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Assimilation of the theoretical notions and aspects presented | Written exam | 50% |
| **Seminar/practical classes** | Practical activity performed in practical classes and the quality of essays | Practical exam | 40% |
| General activity along the semester | Written exam | 10% |
| **Minimal performance standard: Knowing the theoretical basis and therapeutic massage techniques** | | | |

**Date: Signature of head of discipline**

26.09.2019 Associate professor Mariana Rotariu, Ph-D

Assist. Avram Iustina

**Department approval date**

30.09.2019 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D