**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | **Massage Therapy. Complementary techniques** | **RE1210** |
| 2.2. Teaching staff in charge with lectures | Lecturer Sardaru Dragos PhD |
| 2.3. Teaching staff in charge with practical activities | Lecturer Sardaru Dragos PhD |
| 2.4. Year of study | **II** | 2.5. Semester | **1** | 2.6. The type of assessment | **Colloquium, C1** |
| 2.7. Discipline type | **Mandatory** | **Specialty discipline** |

**3. 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. Seminars / practical classes number of hours / week |
| Semester 1 | **3** | **1** | **2** |
| Semester 2 |  |  |  |
| 3.4. Total number of learning hours: | **42** | 3.5. Of which: Courses | **14** | 3.6. Of which: Seminars / practical classes: | **28** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes | 13 |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | 10 |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | 10 |  |
| Tutorship | 4 |  |
| Examinations | 4 |  |
| Other activities |  |  |
| Total hours of individual study (*without examinations*) | **33** |  |
| 3.8. Total hours per semester | **75** |  |
| 3.9. Number of credits | **3** |  |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Anatomy, Physiology, Pathophysiology, Massage Therapy |
| 4.2. of competences | Basic skills of techniques of joint and soft tissue mobilization and techniques of massage therapy. |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Video, white board |
| 5.2. for seminars / practical classes | Functional anatomy model for different joints. Biomechanics and physiological charts for muscle and joint action. |

**6. Specific competences acquired**

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| **Professional competencies** | **C2.4** | Defining the general and local effects of medical massage, describing the main massage techniques for different body regions, with their indications and contraindicationsAnalysis of the use of intensity and duration parameters of massage techniques adapted to pathology, assessing muscle tone, pain sensitivity, before and after massage |
| **C2.5** | Apply massage programs suitable for the pathology and the treated regionMassage techniques in recovery (in orthopedic-traumatic, neurological diseases, postoperative neurosurgery, in rheumatological, cardiovascular, respiratory diseases, in pediatric pathology |

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

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| 7.1. General objective | Establishing the place and role of massage in physical-kinetic therapy. |
| 7.2. Specific objectives | Acquiring theoretical and practical knowledge about traditional therapeutic massage techniques and complementary techniques. |

**8. Contents**

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| **8.1. Lectures** | **Teaching methods** | **Observations** |
| 1 | Secondary maneuvers of classic massage (pressure, rolling, sifting, traction, shaking, pinching); application methodology, indications, contraindications. The place of classic massage in the recovery scheme. | Power point presentation | 2h |
| 2 | Sedative maneuvers of classic massage: application methodology, indications, contraindications. The exciting maneuvers of classic massage: application methodology, indications, contraindications. | 2h |
| 3 | Regional massage. Massage of the cervical region, head and chest | 2h |
| 4 | Regional massage. Massage of the lumbosacral region and abdominal wall. | 2h |
| 5 | Regional massage. Massage of upper and lower limbs. | 2h |
| 6 | Manual reflex therapy methods. Connective tissue massage. Periosteal massage according to Vogler. Cornelius nerve point massage. Fitzgerald zone therapy. Cyriax deep transverse massage. | 2h |
| 7 | Reflexogenic massage; Lymphatic drainage. | 2h |

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | The sedative maneuvers of classical massage: methods of execution, mechanisms of action, effects, indications, contraindications. | Practical demonstrations and applications | 4h |
| 2 | The exciting maneuvers of classic massage: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |
| 3 | Regional massage. Massage of the cervical region, head and chest: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |
| 4 | Regional massage. Massage of the lumbosacral region and the abdominal wall: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |
| 5 | Regional massage. Massage of the upper and lower limbs: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |
| 6 | Manual reflex therapy methods. Connective tissue massage. Periosteal massage according to Vogler. Cornelius nerve point massage. Fitzgerald zone therapy. Cyriax deep transverse massage: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |
| 7 | Reflexogenic massage; Lymphatic drainage: methods of execution, mechanisms of action, effects, indications, contraindications. | 4h |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Course and practical works notes posted on e-Learning platform
2. Sardaru DP, Onu I, Matei DV. Evaluarea Amplitudinilor Articulare, Ed. Gr. T. Popa U.M.F. Iași, 2021
3. Sardaru D. - Materials posted on the UMF Iasi e-learning platform.
4. Shamus E, van Dujin A. **Manual Therapy Of The Extremities. Jones and Barlet Learning**, Burlington, SUA, 2016.
5. Olson AO. **Manual Physical Therapy of the Spine,** 2nd ed. St. Louis Missour, Elsevier, 2009.s
6. Luchau T, Myers W. **Advanced Myofascial Techniques: Neck, Head, Spine and Ribs**, Scotland, Handspring Publishing Limited, 2015
 |
| ***Elective:*** |
| 1. Muscolino Joseph E, **Kinesiology. The skeletal system and muscle function.** 2nd ed. Missouri, Elsevier, 2011.
2. Norkin C Cynthia. **Measurement of joint motion. A guide to goniometry**. 4th ed. Philadelphia, Devis Company, 2009.
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**9. *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. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam. MCQ Examination | 80 % |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | Admitted/ Rejected |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays. Individual study using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:Knowledge of massage techniques and methods, methods of execution, mechanisms of action, effects, indications, contraindications. Knowledge of massage techniques and methods used in the recovery of rheumatological, post-traumatic, neurological, cardiovascular and respiratory conditions |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 14.09.2024 | Lecturer Sardaru Dragos PhD | Lecturer Sardaru Dragos PhD |

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| Date of approval in the Department Council/Teaching Council,  |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |
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