

Information sheet for the course Massage II

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>Mas2/d</i>	Course unit title: <i>Massage II.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 1 hour weekly/13 hours per semester of study; full-time</i> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>2</i>	
Recommended semester: <i>3rd semester in the 2nd year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Massage I, Muscle test II.</i>	
Assessment methods: <i>A student scores 50 points per semester.</i> <i>To obtain A, a student must score at least 47, to obtain B, a student must score at least 43, to obtain C, a student must score at least 39 and more, to obtain D, a student must score 35 and more, and to obtain E, a student must score at least 30. The credits are not granted to the students whose grade point average is 29 or lower.</i>	
Learning outcomes of the course unit: <i>By the completion of the course Massage II a student acquires knowledge of mechanotherapy, knows basic concepts explaining the nature and use of mechanical power during the massage and types of massage. Is acquainted with the mechanism of the classical massage and reflex massage and knows the physiological and pathophysiological effects of individual types of massage on the human body and their indications or contraindications for particular kinds of massage. A student learns proper technique and application principles, knows the strokes and sets/units that are used in the connective tissue, segmental and periost massage and can apply them in practice.</i>	
Course contents: Lectures 1. <i>Reflex massage.</i> 2. <i>Characteristics, objectives, and effects.</i> 3. <i>Anatomical and physiological aspects of reflex action.</i> 4. <i>Reflective signs and their search.</i> 5. <i>The feelings induced by reflexology massage.</i> 6. <i>Unwanted demonstrations during reflex massage. Transfers of reflexes.</i> 7. <i>Indications and contraindications of massage reflex.</i> 8. <i>Hygiene measures / precautions. Psychological and ethical aspects in the performance of a massage therapy.</i> 9. <i>Connective tissue reflex massage – characteristics, effects, application principles and application techniques - basic massage strokes and sets / units.</i> 10. <i>Segment reflex massage - characteristics, effects, application principles and application techniques - basic massage strokes and massage sets / units.</i> 11. <i>Periost reflex massage - characteristics, effects, application principles and application techniques - basic massage strokes and sets / units.</i> 12. <i>Manual lymphatic drainage.</i> 13. <i>Nature, objective and effects of manual lymph drainage.</i> 14. <i>The principles of manual lymph drainage applications.</i> 15. <i>Indications and contraindications of manual lymphatic drainage.</i>	

16. *The massage strokes and sets / units of manual lymphatic drainage.*

Exercises:

1. *Connective tissue massage:*

- *application techniques, massage techniques,*
- *basic sets / units.*

2. *Segmental reflex massage:*

- *application techniques, massage techniques,*
- *basic sets / units.*

3. *Periost reflex massage:*

- *application techniques, massage techniques,*
- *basic sets / units.*

4. *Manual lymphatic drainage:*

- *application techniques, massage techniques,*
- *basic sets / units.*

Recommended of required reading:

1. *PLAČKOVÁ, M.: 2009. Liečebná masáž. Martin: Osveta, 2009, ISBN 9788080633196.*
2. *GÚTH, A. et al.: 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov. Bratislava: Liečreh Gúth, 2005, ISBN 8088932165.*
3. *ČELKO, J.: 1996. História a súčasnosť fyzikálnej liečby. 1996. In: Lekárske listy. - Roč.1, č.9(1996),s.1-2,4 ISSN 0006-9248.*
4. *KOMAČEKOVÁ, D. a kol: 2003. Fyzikálna terapia. Martin: Osveta, 2003, ISBN 80-7029-030-7.*
5. *HUPKA, J.: 1993. Fyzikálna medicína. Martin: Osveta, 1993.ISBN 80-217-0568-X.*

Language: *Slovak*

Remarks:

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: *Mgr. Miroslav Černický, Mgr. Ján Kotyra, PhD.*

Exercises: *Mgr. Miroslav Černický*

Last modification: *22.04.2014*

Supervisor: *doc. MUDr. Juraj Čelko, PhD.*