

DISCIPLINE ANNOTATION: REHABILITATION AND MASSAGE

The course is aimed at providing students with theoretical knowledge and practical skills to apply rehabilitation massage in the rehabilitation of the body after suffering from various types of diseases. Theoretical classes are accompanied by compulsory consolidation of the material during practical classes. In order to better consolidate theoretical knowledge about the structure of the human body, one should study the topography of bones, ligaments and attachments, muscles, nerve trunks, blood vessels and lymph nodes at practical classes.

Prerequisites (previous courses on which the discipline is based): basic medical knowledge, basic human anatomy and physiology.

Post-requisites (disciplines requiring knowledge, skills and abilities acquired after completion of the discipline): basics of medical and social rehabilitation; methods and techniques of classical massage, preformed physical factors; mechano-therapy; basics of occupational therapy and functional training; educational and clinical on-the-job practical training.

The goal and objectives of the discipline: The goal of the Rehabilitation and massage discipline is to provide students with a set of special knowledge and practical skills that students can apply in sports, higher achievements, physical rehabilitation and physical therapy.

Course objectives.

Theoretical: to introduce the theoretical foundations and methodological features of the application of a systematic approach to mastering massage techniques as an independent or auxiliary method of treatment and physical rehabilitation; during the training, students are equipped with methodological approaches to massage in various nosologies in the context of a unified system of medical and preventive care for the population; to provide principles and criteria of physiological and psychological nature in determining the type of massage for people of different ages; to analyze methodological and practical recommendations for massage in preschool children; in addition, to substantiate indications and contraindications for massage, means and methods of massage, physiological effects of numerous massage techniques on various tissues, organs and systems and their functional state.

Practical: to teach a comprehensive integrated approach to the massage procedure in order to ensure the most efficient effect of massage on the human body; to introduce the basic principles and types of massage; the hygienic basics of massage, studying physiological effects of massage; to master skills and abilities to perform various types of massage using basic and auxiliary massage techniques; in the process of studying, students learn to analyze symptoms of disorders using the main stages of muscle examination.

Content of the academic discipline:

SECTION I. Basic concepts and definitions of rehabilitation massage. History of the development of rehabilitation massage. Medical and biological foundations of rehabilitation massage. Requirements for premises and equipment. Requirements for the masseur. Requirements for hands of a massage therapist. Stages of development of a massage specialist. Requirements for the person being massaged. Position of the massage therapist and the person being massaged during the massage. Methodical recommendations for performing rehabilitation massage. Massage for cervical and thoracic osteochondrosis. Massage for lumbosacral osteochondrosis. Massage for scoliosis.

SECTION II. Massage for flat feet. Massage for bruises. Massage for sprains and strains. Massage for fractures. Massage for contractures. Massage for the amputation stump. Massage for chronic pneumonia. Massage for chronic non-specific respiratory diseases. Rehabilitation massage for chronic gastritis. Rehabilitation massage for intestinal diseases. Rehabilitation massage for gastric ulcer and duodenal ulcer. Tasks of massage. Guidelines for performing rehabilitation massage for gynecological diseases. Indications and contraindications for performing rehabilitation massage for gynecological diseases.

SECTION III. Manual therapy for spinal osteochondrosis. Classification and clinic of osteochondrosis. Methods of examination of the spine. Indications and contraindications for manual therapy. General principles and manual techniques. Technique of manual therapy on the spine. Massage for premature hair loss on the head. Massage for psoriasis. General characteristics of eye diseases. Objectives of massage. Massage of the apple of the eye. Massage of the eyelids. Indications and contraindications for joint diseases. Massage for nodular arthrosis of the hand joints. Massage for deforming arthrosis of the hip joint. Massage for deforming arthrosis of the knee joint. Massage for deforming arthrosis of the elbow joint. Massage for neuralgia of the intercostal nerves. Massage in case of neuralgia and neuritis of the femoral nerve. Massage for cerebral palsy in children.