

Course Title	Therapeutic massage				
Course Code	PHYS204				
Course Type	Compulsory				
Level	Bachelor (Level 1)				
Year / Semester	2 ^d / Spring				
Instructor's Name	Dimitris Sokratous				
ECTS	6	Lectures / week	2	Laboratories/week	2
Course Purpose	<p>The purpose of the course is to train students in issues related to the assessment and treatment of soft tissue problems. Specifically, it focuses on the role and contribution of massage techniques, in the improvement of dysfunctions related to the skin, fascia, musculotendinous system, nerves, peripheral circulatory and lymphatic system, as well as the application of these techniques. Also, the course prepares the student for the effective, documented, safe and realistic clinical application of these techniques.</p>				
Learning Outcomes	<p>Learning objectives of the theoretical part: Upon successful completion of the theoretical part of the course, the student will be able to:</p> <ul style="list-style-type: none"> • to know the physiological and biological effects of the various massage techniques, and the principles of their correct application, as well as to be able to create and apply special therapeutic regimens concerning the individual or combined application of classical massage (kneading, rollovers, etc.), transverse-friction massage, connective tissue massage, reflex pain trigger point massage, lymphatic system massage and eastern massage techniques, • to recognize the indications and contraindications depending on the pathological entity and the therapeutic goals, • understand the beneficial effect of massage techniques on the various systems and critically select appropriate techniques to apply to conditions such as painful syndromes in general or locally, post-traumatic disorders, circulation problems of the upper and lower extremities, respiratory problems and psychogenic conditions, • to possess the basic evaluation, re-evaluation and consequent re-selection criteria of the various techniques, • to develop the critical thinking required for the safe application of therapeutic massage in pathological conditions, based on the assessment findings and the ICF classification of functioning <p>Learning objectives of the laboratory part: Upon successful completion of the laboratory part of the course, the student will be able to:</p> <ul style="list-style-type: none"> • to perform all the techniques of classical massage, transverse friction massage, connective tissue massage, reflex pain trigger point massage and lymphatic system massage, as well as relaxation techniques and training of correct posture of the human body, 				

	<ul style="list-style-type: none"> to safely design and implement therapeutic massage regimens by choosing the appropriate intervention methods and techniques to address specific problems. 		
Prerequisites	None	Co-requisites	None
Course Content	<p>Theory</p> <p>A. Contents of the theoretical part of the course.</p> <ul style="list-style-type: none"> Introduction to massage techniques. Soft tissue analysis <ul style="list-style-type: none"> - Chronology. Massage and physical therapy. Massage items. -Anatomy (Skin. Muscles, Nerves, and other soft tissues) Basic principles of application of massage techniques and therapeutic effects <ul style="list-style-type: none"> - Principles of performing the massage, the space, the equipment. Contact materials. The therapist. The patient. Preparation, placement. Duration, frequency, pressure, rate, direction of manipulations. Application parameters, session organization. Classic massage and techniques <ul style="list-style-type: none"> - Classic massage for injuries (swellings, hematomas, muscle, ligament injuries, etc.). Contraindications, Efficacy. Lymphatic massage <ul style="list-style-type: none"> - Introduction. Lymphatic vessels, lymph nodes, Lymphatic organs. Lymphedema. Maintaining the movement of lymph. Principles of lymphatic massage. Procedure of lymphatic massage. Lymphatic massage techniques. Combined application with other physical therapy techniques. Active method. Passive method. Mechanical methods. Indications and contraindications. Therapeutic effects. Special transverse friction kneading <ul style="list-style-type: none"> - Indications and contraindications. Effects. Technique. <p>Subcutaneous connective tissue massage as a reflexive treatment method</p> <ul style="list-style-type: none"> - Reflexive healing method. The importance of connective tissue bands. Examination to find bands of connective tissue. Visual inspection. Palpation. Applications of subcutaneous connective tissue massage <ul style="list-style-type: none"> - Structure of the treatment. Levels of treatment. Manipulations of the technique. Applications. Therapeutic reactions. Sports massage and mechanisms of action. Massage of reflex pain trigger points, Release techniques, muscle energy techniques. <ul style="list-style-type: none"> - Pain trigger points. Classification. Symptomatology. Methods of diagnosis, examination, palpation. Electromyogram. Deactivation 		

	<p>through massaging techniques. Right finger pressure. Introduction to pain scales. Strain-counter strain techniques. The role of breathing in techniques.</p> <ul style="list-style-type: none"> • Chirotherapeutic Myofascial Release Techniques <ul style="list-style-type: none"> - Introduction. Structural system, Myofascial chains, Evaluation of elasticity, Special techniques. • Results of massage techniques with foam equipment <ul style="list-style-type: none"> - Mechanical effects. Normal results. Research documentation • Technique selection criteria. Indications, contraindications for massage <ul style="list-style-type: none"> - Pain, muscle spasm, increased tissue tension, decreased elasticity, adhesions, decreased mobility, scar tissue, skin condition, decreased local circulation, decreased general circulation, decreased lymphatic circulation, decreased cellular metabolism, hypersensitivity, anxiety, kinesthetic image, feeling security. • Clinical reasoning based on assessment and ICF classification system of musculoskeletal disorders (pain syndrommes, muscle soreness, muscle stiffness , trigger points etc) <p>Laboratory</p> <ul style="list-style-type: none"> • Application of techniques according to theory. • Application of massage techniques • Lymphatic massage • Special transverse friction kneading • Massage of subcutaneous connective tissue • Applications of subcutaneous connective tissue massage • Massage of reflex pain trigger points • Release techniques • Muscle energy techniques. • Pain trigger points. • Methods of diagnosis, examination, palpation. • Right finger pressure. • Strain-counter techniques. • The role of breathing in techniques. • Chirotherapeutic Myofascial Release Techniques <p>Results of massage techniques with foam equipment</p>
<p>Teaching Methodology</p>	<p>Theory</p> <p>The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Laboratory</p>

	<p>During the laboratory courses, students develop their clinical skills in skill trainers and patient simulators so that they can successfully and safely apply them in a real clinical environment.</p>
<p>Bibliography</p>	<p><u>Textbooks:</u></p> <p>Chaitow, S., Grillias, P., Dimitriadis, Z., Kallistratos, I., Papandreou, M., Stasinopoulos, D., Tsekoura, M., Fousekis, K. (2022) Soft Tissue techniques in Physiotherapy. Broken Hill Publishers Ltd. (In Greek)</p> <p>Sakellaris V., Gogou V. (2004) Therapeutic massage techniques. Parisianos Publications S.A. Athens. (In Greek)</p> <p>Christara - Papadopoulou, A. (2004). Therapeutic massage techniques. Publications T.E.I. Thessaloniki. Thessaloniki. (In Greek)</p> <p>Basmajian, J. V. (Ed.). (1985). Manipulation, traction, and massage. Baltimore: Williams & Wilkins.</p> <p>Beck, M. F. (2016). Theory & practice of therapeutic massage. Cengage Learning.</p> <p>Clay, J. H. (2008). Basic clinical massage therapy: integrating anatomy and treatment. Lippincott Williams & Wilkins.</p> <p><u>References:</u></p> <p>Sadikoglu A, Akbaba Y & Taskiran H (2022) Effects of ischemic compression and instrument-assisted soft tissue mobilization techniques in trigger point therapy in patients with rotator cuff pathology: randomized controlled study, Somatosensory & Motor Research, 39:1, 70-80, DOI: 10.1080/08990220.2021.2005015</p> <p>Ramadan M, El Gharieb H, Labib A & Embaby E (2022) Short-term effects of instrument-assisted soft tissue mobilization compared to algometry pressure release in tension-type headache: a randomized placebo-controlled trial, Journal of Manual & Manipulative Therapy, DOI: 10.1080/10669817.2022.2082637</p> <p>Isabelle Gilbert, Nathaly Gaudreault, and Isabelle Gaboury Exploring the Effects of Standardized Soft Tissue Mobilization on the Viscoelastic Properties, Pressure Pain Thresholds, and Tactile Pressure Thresholds of the Cesarean Section Scar Journal of Integrative and Complementary Medicine 2022 28:4, 355-362</p> <p>Landesa-Piñeiro, Laura and Leirós-Rodríguez, Raquel. 'Physiotherapy Treatment of Lateral Epicondylitis: A Systematic Review'. Journal of Back and Musculoskeletal Rehabilitation, vol. 35, no. 3, pp. 463-477</p> <p>Yan Lin, Yan Yang, Xiaoyu Zhang, Wandi Li, Haoran Li, Dali Mu, Manual Lymphatic Drainage for Breast Cancer-related Lymphedema: A Systematic Review and Meta-analysis of Randomized Controlled Trials, Clinical Breast</p>

Assessment

Continuous Assessment (50%):

The assessment may include any combination of the following:

- **Written and/or oral**, and it consists of multiple – choice, short answer, open ended questions and/or essay questions, that align with the learning outcomes, in order to assess the theoretical knowledge gained. The questions ensure that students will demonstrate a deep understanding of the subject matter and apply their knowledge to solve problems or analyse scenarios.
- **Assignments and projects** provide opportunities for students to apply their theoretical knowledge in practical ways. The assignments are designed in a way that require critical thinking, research, analysis, and synthesis of information. Projects can be individual, self directed learning or group-based and should align with the learning outcomes. Students are evaluated on the quality of their work, the depth of understanding displayed, and their ability to effectively communicate their ideas. Assignments and projects may be individual or group work.
- Use of **case studies or problem-solving exercises** to assess how students can apply theoretical knowledge to real-life situations. Students are presented with scenarios that require analysis, critical thinking, and the application of theoretical concepts and they are assessed based on their ability to perform verbal presentations, viva voce examinations, identify and evaluate relevant information, propose solutions, and provide justifications for their choices.
- **Online quizzes or interactive assessments:** Online quizzes or interactive assessments, reflective writing can be used through the Moodle platform, to create quizzes with various question formats. These assessments can be self-paced or timed, and immediate feedback can be provided to students.
- **Classroom discussions and debates:** Students engage in classroom discussions and debates to assess their theoretical knowledge. Active participation is encouraged to hone their critical thinking skills by posing open-ended questions and facilitating dialogue.
- **Peer and self-assessment:** Students are assigned to review and provide feedback on each other's work, encouraging them to critically evaluate their peers' understanding and provide constructive suggestions.

Laboratory evaluation consists of assessment of the expected skills and competences, critical thinking, problem-solving and teamwork skills. During the laboratory sessions, students are closely observed as they engage in the assigned tasks and note is taken regarding the actions, approach and any relevant observations that demonstrate their understanding of the subject matter and application of skills. After assessing the laboratory work, constructive feedback is provided to students. Their strengths and areas for improvement are highlighted, linking them back to the learning outcomes to help students understand their progress and guide them towards further development. Depending on the nature of the laboratory work, peer

	<p>assessment can be incorporated, where students evaluate each other's work based on the established criteria to promote self-reflection, collaboration, and a deeper understanding of the subject matter.</p> <p>Final Exam (50%): comprehensive final exam, to assess students' overall theoretical knowledge. These assessments cover a broader range of topics and learning outcomes from the entire program of study, to gauge the students' understanding and integration of knowledge across different areas.</p>
Language	Greek / English