



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	031	Accredited until	2017	06	30	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

General and adapted massage

Prerequisites

Knowledge of Anatomy, Physiology, Neurology and basic in Biomechanics

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Able to communicate and collaborate with other experts, work in a team, critically evaluate facts and ideas.	Exercise classes, Formal lecture, Scientific paper analysis, Simulation of real-life (world) situations	Oral presentation, Reporting for practice work, Scientific paper (text) analysis
2	Able to know and explain the impact of the massage, and the indications and contraindications for it.	Formal lecture, Scientific paper analysis, Simulation of real-life (world) situations	Oral presentation, Scientific paper (text) analysis
3	Able to perform the procedure and to develop massage action plan for the various movements and musculoskeletal system disorders and injuries, peripheral and central nervous system, cardiovascular and respiratory diseases, lymph and peripheral circulatory disorder cases.	Exercise classes, Formal lecture, Scientific paper analysis, Simulation of real-life (world) situations	Oral presentation, Reporting for practice work, Scientific paper (text) analysis
4	Able to critically evaluate massage treatments and the entire course of treatment safety, expediency and efficiency of massage.	Exercise classes, Practical exercises (tasks)	Problem-solving task, Reporting for practice work

Main aim

To develop students' ability to assess, interpret and apply passive rehabilitation techniques in massage treatments and massage through the developed action plan.

Summary

The students are familiarized with the history of massage, its sorts and systems, effect on the body. While learning adapted massage the students must learn segment and therapeutic massage in the cases of various pathologies and application of massage for disabled people.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Massage history, types and systems, fundamentals of sanitary massage, the impact of massage on the human body. Indications and contraindications for massage.	149 lekt. Kristina Venckūnienė

№.	Sections and themes	Responsible lecturer
2.	Major and supporting massage techniques, methodology of their performance, principles.	149 lekt. Kristina Venckūnienė
3.	Massage of the body parts (back, legs, arms, abdomen and waist, buttocks, chest, neck and head).	325 doc. dr. Diana Rėklaitienė
4.	Segmental -reflex massage.	57 doc. dr. Jūratė Požėrienė
5.	Deep tissue massage	57 doc. dr. Jūratė Požėrienė
6.	Trigger point massage therapy.	57 doc. dr. Jūratė Požėrienė
7.	Massage for locomotor and joint diseases, traumas.	57 doc. dr. Jūratė Požėrienė
8.	Massage for features of chronic (non-specific) of respiratory diseases (chronic bronchitis, pneumonia)	325 doc. dr. Diana Rėklaitienė
9.	Massage features of patients with acute and chronic diseases of the digestive system	325 doc. dr. Diana Rėklaitienė
10.	Massage features of patients with acute and chronic cardiovascular diseases (hypertension, hypotension, myocardial infarct)	325 doc. dr. Diana Rėklaitienė
11.	Massage features of patients with diseases of the peripheral nervous system (intercostal nerves neuralgia, occipital, trigeminal, facial nerve neuralgia)	325 doc. dr. Diana Rėklaitienė
12.	Massage features of patients with central nervous system disease and trauma cases (paralysis).	57 doc. dr. Jūratė Požėrienė

Evaluation procedure of knowledge and abilities:

#### References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Valužienė, K., Ostasevičienė V., Požėrienė J., Rėklaitienė, D. ir kt. (2013). 2008 Ligonių ir neįgaliųjų masažas Kaunas: LSU		150	No	
2.	Clay, James H., Pounds, David M., (2008). Basic clinical massage therapy : integrating anatomy and treatment. Philadelphia : Lippincott Williams and Wilkins		1	No	
3.	Salvo, Susan G. 2007 Massage therapy : principles and practice St. Louis : Saunders Elsevier		120	No	
4.	Finkelšteinaitė Judita, Valužienė Nijolė-Kristina, Damanskas Jonas(1998). Masažas,- Vilnius, Avicena		50	No	
5.	Jane Johnson 2010 Deep Tissue Massage Human Kinetics			No	1
6.	A. Ejindu 2007 The effect of foot and facial massage on sleep inductio, blood pressure, pulse and respiratory rate: crossover study. Complementary Therapies in Clinical Practice 13, pp. 266-275			No	
7.	R. Chunco 2011 The effect of massage on pain. Stiffness and fatigue levels asociated with ankylosing spondylitis: a case study. International Journal of Therapeutic Massage and Bodywork. 4 (1), pp. 12 - 17			No	

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
8.	M.Eghbali, et al. 2011 Study on effect of massage therapy on pain severity in orthopedic patients. Iranian Journal of Nursing and Midwifery Research 15(10), pp. 32 - 39			No	
9.	P. Dolder, P. Ferreire, K. Refshauge 2010 Is soft tissue massage an affective treatment for mechanical shoulder pain: A study protocol. Journal of Manual and Manipulation Therapy 18 (1) pp. 50-54			No	
10.	M. Moeini, M.Givi, Z. Ghasempour, M. Sadeghi 2011 The effect of massage therapy on blood pressure of women with pre-hypertension. Iranian Journal of Nursing and Midwifery Research 16 (1), pp. 61 – 70			No	
11.	G. McKechnie, W.B. Young, D.G. Behm 2007 Acute effects of two massage techniques on ankle flexibility and power of plantas flexors. Journal of Sport Science and Medicine 6, pp. 498 – 504			No	
12.	A. Romano, S. Negrini 2008 Manual therapy as a conservative treatment for adolescents idiopathic scoliosis: a systematic review. Scoliosis 3 (2), pp. 3 – 8			No	
13.	S. beider, K. Boulanger, M. Joshi, Ppan 2010 Measuring the effects of massage on exercise performance and cardiopulmonary response in children with and without heart disease: a pilot study. International Journal of Therapeutic Massage and Bodywork. 3 (3), 12 - 14			No	

#### Additional literature

№.	Title
1.	Paičiuvienė K. 2002 Klasikinio masažo būdai ir kūno dalių masažas. Vilniaus kolegija.
2.	Paičiuvienė K., Smelevič M. (2005). Segmentinis ir jungiamojo audinio masažas. Vilniaus kolegija
3.	T. Field, M. Diego, M. Hernandez-Reif, J. Shea (2007) Had arthritis pain is reduced by massage therapy. Journal of Bodywork and Movement Therapies 11, pp. 21 - 24

#### Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Jūratė Požėrienė	57

#### Subdivision

Entitlement	Code
a	2006

### Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	12	36	0	212	260	10

#### Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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#### Plan of in-class hours

№. of Themes	Academic hours	№. of Themes	Academic hours
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	Lectures	P	L		Lectures	P	L
				Total:	0	0	0

[illegible]

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	4	22	0	234	260	10

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
				Total:	0	0	0

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