

Essentials of massage

1. General information about massage: the history of massage, anatomical and physiological basis of the massage, the mechanism of its action on connective-tissue structures, on different organs and tissues, homeostasis, and functional systems, accelerate the removal of decay products from the body.
2. Hygienic bases massage: clear skin, healthy body, hygiene rules and skills - the basis of therapeutic massage, duration of treatment and massage course.
3. Types of massage. Classic massage, traditional massage from ancient times to the present day. Characteristics of the various types of massage.
4. Indications and contraindications for massage.
5. Massage technique - basic and auxiliary techniques:
 - Effleurage - technique, variety, direction.
 - Friction - technique, variety, direction.
 - Petrissage - technique, variety, direction.
 - Vibration- technique, variety, direction.
 - Taping- technique, variety, direction.
6. Particularities of separate body parts by Swedish massage movements:
 - Head, face and neck massage - indications, techniques, methods and duration of the procedure.
 - Upper extremities massage - indications, techniques, methods and duration of the procedure.
 - Lower extremity massage - indications, techniques, methods and duration of the procedure.
 - Chest massage - indications, techniques, methods and duration of the procedure.
 - Massage of the abdomen - indications, techniques, methods and duration of the procedure.
 - Back massage - indications, techniques, methods and duration of the procedure.
7. Hygienic Massage - Health promotion - the main function of massage, disease prevention, removal of fatigue and overwork, sleep and indigestion regulation.

