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| Title: | SPORTS MASSAGE AND REHABILITATION |
| Lecture hours: | 30 |
| Study period: (summer/winter) | summer/winter |
| Number of credits: | 6 ECTS |
| Assessment methods: | Performances of sport massage techniques. Theoretical exam of sport rehabilitation and basics rules of massage. |
| Language of instruction: | English |
| Prerequisites: | Knowledge about basic of human anatomy and physiology, |
| Course content: | <p>Massage techniques:</p> <ul style="list-style-type: none"> • Preparatory massage, • Pre-competition Massage, • Durning Competition Massage, • A post-competition Massage, • Rehabilitative Massage, <p>Sport rehabilitation:</p> <ul style="list-style-type: none"> • common sport injuries, • sport related injuries, • sport injury statistics, • strength training, • stretching exercises • common knee injuries, • knee injuries symptoms, treatments • runners knee, symptoms, treatments • iliotibial band syndrome (ITBS), • tennis elbow, symptoms, treatments • tendonitis of wrist , • rehabilitation of different injuries. |
| Learning outcomes: | The Sports massage and rehabilitation Course, provides a learning experience about special form of massage, typically used before, during, and after athletic events. The purpose of this subject is to give the students possibility to learn the skills how to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. |
| Name of lecturer: | Mariusz Klimczyk, PhD |
| Contact (email address): | klimczyk_mariusz@ukw.edu.pl |
| Literature: | <ol style="list-style-type: none"> 1. Arkko PJ, Pakarinen AJ, Kari-Koskinen O. Effects of Whole-body Massage on Serum Protein, Electrolyte and Hormone Concentrations, Enzyme Activities and Hematological Parameters. <i>Int J Sports Med.</i> 1983;4:265-267. 2. Ashton J. Holistic Health: In Your Hands. <i>Nurs. Times</i> 1984;80:54. 3. Cyriax J. Textbook of Orthopaedic Medicine. Vol 2, Treatment by Manipulation, Massage and Injection. 11th ed. 1984. 4. Danneskiold-Samsoe B, Christianson E, Anderson RB. Myofascial Pain and the Role of Myoglobin. <i>Scand. J. Rheumatol.</i> (Stockholm). 1986;15:174-178. 5. Degood D. Effect of Massage Therapy and Post-Surgical Outcomes. (Unpublished) 6. Elkins EC, Herrick JF, Grindlay JH, et al. Effects of Various Procedures on the Flow of Lymph. <i>Arch. Phys. Med.</i> 1953;34:31. |

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20. Yamazaki Z, Fujimori Y, Wada T, et al. Admittance Plethysmographic Evaluation of Undulatory Massage for the Edematous Limb. *Lymphology*. 1979;12:40-42.