

MINISTRY OF HEALTH CARE OF UKRAINE

ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

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**WORK PROGRAM OF THE DISCIPLINE
«THERAPEUTIC AND SPORTS MASSAGE»**

Level of higher education: second (master's)

Field of knowledge: 22 «Health care»

Specialty: 222 «Medicine»

Educational and professional program: Medicine

The work program is compiled on the basis of the educational and professional program "Medicine" for the training of specialists of the second (master's) level of higher education in the specialty 222 "Medicine" of the field of knowledge 22 "Health care", approved by the Scientific Council of ONMedU (protocol № 10 of June 27, 2024).

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The work program was approved at the meeting of the Department of physical rehabilitation, sports medicine and physical education

Protocol № 1 dated 08.26.2024.

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1. Description of the academic discipline:

Name of the indicators	Field of knowledge, specialty, specialization, level of higher education	Characteristics of the academic discipline
The total number of: Credits - 3 Hours - 90 Content module – 2	Branch of knowledge 22 "Health care"	Full-time education
		Elective discipline
	Specialty 222 "Medicine"	Year of preparation: 4
		Semesters: VII - VIII
	Level of higher education second (master's)	Lectures (0 hours)
		Seminars (30 hours)
		Practical (0 hours)
		Laboratory (0 hours)
		Independent work (60 hours) including individual tasks (0 hours)
		The form of the final control: Credit

2. The purpose and tasks of the educational discipline, competences, program learning outcomes.

Purpose: Mastering of knowledge and formation of elements of professional competencies in the field of therapeutic and sports massage and improvement of skills and competencies acquired in the study of previous disciplines. To provide students with knowledge of the physiological effects of massage on the human body, general characteristics and application of sports massage in various sports, features of massage in young athletes, therapeutic massage, general guidelines, and common mistakes in massage.

Task:

1. To provide students with an idea of the importance of the use of therapeutic massage in the complex treatment of patients;
2. To learn theoretical information about the importance of therapeutic massage and its place in physical rehabilitation.
3. To assimilate theoretical data on the features of therapeutic and sports massage techniques and their application.
4. To familiarize applicants with the general provisions of the application of therapeutic and sports massage.
5. Providing students with theoretical knowledge and formation of practical skills in the application of various techniques of therapeutic and sports massage.
6. Ability to convince the patient of the importance of using non-pharmacological methods of treatment, in particular therapeutic massage for various diseases.
7. Ability to define key concepts and terms of therapeutic and sports massage.
8. Be able to analyze and predict the effect of massage techniques on the human body according to medical control.
9. To be able to choose and apply massage techniques for the treatment and prevention of various diseases and the formation of a healthy lifestyle.
10. Be able to evaluate the effectiveness of massage techniques.

The process of studying the discipline is aimed at forming the elements of the following Competencies:

General Competencies (GC):

- GC1. Ability to think abstractly, analyze and synthesize
- GC2. Ability to learn and master modern knowledge
- GC3. Ability to apply knowledge in practical situations
- GC4. Knowledge and understanding of the subject area and understanding of professional activity

- GC5. Ability to adapt and act in a new situation
- GC6. Ability to make informed decisions
- GC7. Ability to work in a team
- GC8. Ability to interpersonal interaction
- GC10. Ability to use information and communication technologies technologies
- GC11. Ability to search, process and analyze information from various sources
- GC16. Ability to evaluate and ensure the quality of work performed of the work performed
- GC18. Ability to make decisions and act in compliance with the principle of inadmissibility of corruption and any manifestations of dishonesty

Special competencies

SC1. Ability to collect medical information about the patient and analyze clinical data

SC2. Ability to determine the necessary list of laboratory and instrumental studies and evaluation of their and evaluate their results

SC3. Ability to establish a preliminary and clinical diagnosis of the disease

SC4. Ability to determine the necessary mode of work and rest in the treatment and prevention of diseases

SC10. Ability to perform medical procedures

SC11. Ability to solve medical problems in new or unfamiliar environments or unfamiliar environments with incomplete or limited information information, taking into account aspects of social and ethical responsibility responsibility, including early intervention systems

SC21. Ability to clearly and unambiguously communicate own knowledge, conclusions and arguments on health care issues and related issues to professionals and non-specialists, including those in training, those who are studying

Programmatic learning outcomes (PLOs):

PLO3. Specialized conceptual knowledge, including scientific achievements in the field of health care and is the basis for research, critical thinking about problems in the field of and interdisciplinary problems related to it, including the system of early intervention

PLO5. Collect complaints, history of life and disease, assess the psychomotor and physical development of the patient, the state of organs and systems of the body, based on the results of Laboratory and instrumental studies to evaluate information on the diagnosis (according to list 4), taking into account the age of the patient.

PLO16. To formulate goals and determine the structure of personal activity based on the results of the analysis of certain social and personal needs.

PLO21. Find the necessary information in professional literature and databases of other sources.

Literature and databases of other sources, analyze, evaluate and apply this information.

PLO22. Apply modern digital technologies, specialized software, and statistical methods of data analysis to solve complex health care problems health care.

As a result of studying the discipline, the higher education student must:

Know:

- The purpose and main tasks of the application of therapeutic and sports massage;
- Basic techniques of therapeutic and sports massage and their effect on the body;
- Mechanism of action of therapeutic and sports massage techniques;
- Indications and contraindications for the use of massage;
- Features of massage application in pre-start conditions;
- Fundamental differences between preliminary, training and recovery massage;
- Peculiarities of massage application in various diseases.

Be able to

- create conditions for therapeutic and sports massage;
- assess the patient's health status, the condition of his organs and systems and factors that affect health;
- assess the effect of massage on the patient by subjective and objective criteria;
- perform therapeutic massage techniques for various diseases;
- perform sports massage before training and after training.

3. Content of the academic discipline

Content module 1.

Sports massage

Topic 1. Sports massage and its classification. Characteristics of sports, therapeutic, hygienic and cosmetic massage. Their application in sports organizations, medical and preventive institutions, health centers, etc. The goal of their application.

Topic 2. Pre-start massage. The concept of pre-start massage and its physiological justification. Types of pre-start massage sessions and methods of their implementation: warm-up, calming, toning and warming. Features of pre-start massage depending on the sport. Mastering the skills of pre-start massage (according to the specialization of students).

Topic 3. Recovery massage. The concept of a recovery massage session and its physiological justification. Features of recovery massage in case of physical and mental fatigue. Features of the methodology of the restorative massage session during short rest breaks from 1 to 5 minutes; during breaks from 5 to 20 minutes; during breaks from 20 minutes to 3 hours; in a multi-day competition system with a single performance per day; restorative massage after the competition. Improving the technique of performing massage techniques, mastering the skills of conducting a recovery massage session.

Topic 4. Training massage. The concept of training massage and its physiological justification. Basic principles of building a training massage session. Features of the massage technique for increasing fitness, improving physical qualities, and maintaining fitness. Features of training massage depending on the sport, the nature of the training and the condition of the athlete. Mastering the skills of conducting a training massage session.

Topic 5. Massage in different sports. Characterization of the features of massage taking into account sports specialization (acrobatics, basketball, boxing, wrestling, volleyball, athletics, skiing, football, cycling, rowing, swimming, gymnastics, rhythmic gymnastics, etc.) Mastering massage skills in relation to specific sports. Massage for sports injuries and certain diseases of the musculoskeletal system.

Content module 2.

Therapeutic massage

Topic 6. Massage for diseases of the cardiovascular system. Massage for heart disease, myocardial dystrophy, angina pectoris, chronic coronary heart disease and its complications, hypertension. Connective tissue massage for heart disease. Segmental massage for heart diseases.

Topic 7. Prevention and treatment of scoliosis. Complex massage for the treatment of scoliosis.

Topic 8. Prevention and treatment of osteochondrosis. Complex massage for the treatment of osteochondrosis.

Topic 9. Massage for diseases of the respiratory system. Classical massage used for pleurisy, pneumonia, acute bronchitis, pulmonary emphysema. Classical massage used for chronic bronchitis and bronchial asthma. Percussion massage. Bank massage. Segmental massage for diseases of the lungs and pleura.

Topic 10. Etiology and pathogenesis of cellulite. Method of anti-cellulite massage by Sylvie Macke. Thai anti-cellulite massage.

Topic 11. Massage during pregnancy. Self-massage. Massage of the back, abdomen, legs, arms. Massage during childbirth. Massage after childbirth. Abdominal massage. Technique. Massage of feet, thighs, calves, abdomen, back, shoulder girdle, head.

Topic 12. Massage for children under the age of one year. Massage for cerebral palsy. Classical massage for cerebral palsy. Massage to improve respiratory function. Circular trophic massage. Massage for children aged one to seven years.

Topic 13. Massage in the elderly. Methods of acupressure self-massage for the elderly. Methods of acupressure self-massage for various disorders of the cardiovascular system. The technique of acupressure self-massage for pain in the heart area. The technique of acupressure self-massage for calf muscle cramps. The technique of acupressure self-massage for cramps of the muscles of the foot. Acupressure massage technique for knee joint pain. Acupressure massage program for well-being.

4. The structure of the academic discipline.

Names of topics	Total	Number of hours including				
		lectures	seminars	practical	laboratory	IWS
Content module 1. Sports massage						
Topic 1. Sports massage and its classification. Characteristics of sports, therapeutic, hygienic and cosmetic massage. Their application in sports organizations, medical and preventive institutions, health centers, etc. The goal of their application.	2		2			
Topic 2. Pre-start massage. The concept of pre-start massage and its physiological justification. Types of pre-start massage sessions and methods of their implementation: warm-up, calming, toning and warming. Features of pre-start massage depending on the sport. Mastering the skills of pre-start massage (according to the specialization of students).	6			2		4
Topic 3. Recovery massage. The concept of a recovery massages session and its physiological justification. Features of recovery massage in case of physical and mental fatigue. Features of the methodology of the restorative massage session during short rest breaks from 1 to 5 minutes; during breaks from 5 to 20 minutes; during breaks from 20 minutes to 3 hours; in a multi-day competition system with a single performance per day; restorative massage after	6			2		4

the competition. Improving the technique of performing massage techniques, mastering the skills of conducting a recovery massage session.						
Topic 4. Training massage. The concept of training massage and its physiological justification. Basic principles of building training massage session. Features of the massage technique for increasing fitness, improving physical qualities, and maintaining fitness. Features of training massage depending on the sport, the nature of the training and the condition of the athlete. Mastering the skills of conducting a training massage session.	6			2		4
Topic 5. Massage in different sports. Characterization of the features of massage taking into account sports specialization (acrobatics, basketball, boxing, wrestling, volleyball, athletics, skiing, football, cycling, rowing, swimming, gymnastics, rhythmic gymnastics, etc.) Mastering massage skills in relation to specific sports. Massage for sports injuries and certain diseases of the musculoskeletal system.	6			2		4
<i>Total content module 1</i>	26		2	8		16
Content module 2. Therapeutic massage						
Topic 6. Massage for diseases of the cardiovascular system. Massage for heart disease, myocardial dystrophy, angina pectoris, chronic coronary heart disease and its complications,	10		2	2		6

hypertension. Connective tissue massage for heart disease. Segmental massage for heart diseases.						
Topic 7. Prevention and treatment of scoliosis. Complex massage for the treatment of scoliosis.	8			2		6
Topic 8. Prevention and treatment of osteochondrosis. Complex massage for the treatment of osteochondrosis.	6			2		4
Topic 9. Massage for diseases of the respiratory system. Classical massage used for pleurisy, pneumonia, acute bronchitis, pulmonary emphysema. Classical massage used for chronic bronchitis and bronchial asthma. Percussion massage. Bank massage. Segmental massage for diseases of the lungs and pleura.	8			2		6
Topic 10. Etiology and pathogenesis of cellulite. Anti-cellulite massage technique by Sylvie Macke. Thai anti-cellulite massage.	6			2		4
Topic 11. Massage during pregnancy. Self-massage. Massage of the back, abdomen, legs, arms. Massage during childbirth. Massage after childbirth. Abdominal massage. Technique. Massage of feet, thighs, calves, abdomen, back, shoulder girdle, head.	8			2		6
Topic 12. Massage for children under the age of one year. Massage for cerebral palsy. Classical massage for cerebral palsy. Massage to improve respiratory function. Circular trophic massage. Massage for children aged one to seven years.	10			4		6

Topic 13. Massage in the elderly. Methods of acupressure self-massage for the elderly. Methods of acupressure self-massage for various disorders of the cardiovascular system. The technique of acupressure self-massage for pain in the heart area. The technique of acupressure self-massage for calf muscle cramps. The technique of acupressure self-massage for cramps of the muscles of the foot. Acupressure massage technique for knee joint pain. Acupressure massage program for well-being.	8			2		6
<i>Total content module 2</i>	64		2	18		44
Total hours:	90		4	26		60

5. Topics of lectures / seminars / practical / laboratory classes

5.1. Topics of lectures

Lectures are not included in the program.

5.2. Topics of seminar classes

№ i/or	Name of the topic	Number of hours
1.	Topic 1. Seminar class 1. Sports massage and its classification.	2
2.	Topic 6. Seminar class 2. Massage for diseases of the cardiovascular system.	2
	Total	4

5.3. Topics of practical classes

№ i/or	Theme name	Number of hours
1.	Topic 2. Practical class 1. Pre-start massage. The concept of pre-start massage and its physiological justification.	2
2.	Topic 3. Practical class 2. Recovery massage. The concept of a recovery massages session and its physiological justification.	2
3.	Topic 4. Practical class 3. Training massage. The concept of training massage and its physiological justification.	2
4.	Topic 5. Practical class 4. Massage in different sports. Characterization of the features of massage taking into account sports specialization	2
5.	Topic 6. Practical class 5. Massage for diseases of the cardiovascular system.	2
6.	Topic 7. Practical class 6. Prevention and treatment of scoliosis. Complex massage for the treatment of scoliosis.	2
7.	Topic 8. Practical class 7. Prevention and treatment of osteochondrosis.	

	Complex massage for the treatment of osteochondrosis.	2
8.	Topic 9. Practical class 8. Massage for diseases of the respiratory system. Classical massage used for pleurisy, pneumonia, acute bronchitis, pulmonary emphysema.	2
9.	Topic 10. Practical class 9. Etiology and pathogenesis of cellulite. Anti-cellulite massage technique by Sylvie Macke. Thai anti-cellulite massage.	2
10.	Topic 11. Practical class 10. Massage during pregnancy. Self-massage.	2
11.	Topic 12. Practical class 11. Massage for children under the age of one year. Massage for cerebral palsy.	2
12.	Topic 12. Practical class 12. Massage for children aged one to seven years.	2
13.	Topic 13. Practical class 13. Massage in the elderly. The technique of acupressure self-massage for the elderly.	2
	Total:	26

5.4. Topics of laboratory classes

Laboratory classes are not included in the program.

6. Independent work of a student of higher education

№	Title of the topic / types of tasks	Number of hours
1.	Topic 2. Preparation for a seminar class 1	4
2.	Topic 3. Preparation for a seminar class 2	4
3.	Topic 4. Preparation for a seminar class 3	4
4.	Topic 5. Preparation for a seminar class 4	4
5.	Topic 6. Preparation for a seminar class 5	6
6.	Topic 7. Preparation for a seminar class 6	6
7.	Topic 8. Preparation for a seminar class 7	4
8.	Topic 9. Preparation for a seminar class 8	6
9.	Topic 10. Preparation for a seminar class 9	4
10.	Topic 11. Preparation for a seminar class 10-11	6
11.	Topic 12. Preparation for a seminar class 11-12	6
12.	Topic 13. Preparation for a seminar class 13	6
	Total	60

7. Teaching methods

Practical classes: explanation, discussion, debate, demonstration.

Seminar classes: conversation, story, explanation, demonstration, instruction, exercises, training exercises.

Independent work: partly search, research, presentation of the results of own research, performance of individual tasks.

8. Forms of control and assessment methods (including criteria for evaluating learning outcomes)

Current control: oral survey, testing, performance evaluation practical skills, assessment of communication skills during role play, solution situational clinical tasks, assessment of activity in class.

Final control: credit.

Evaluation of the current educational activity in a practical session:

1. Evaluation of theoretical knowledge on the subject of the lesson:

- methods: survey, solving a situational problem
- the maximum score is 5,
- minimum grade – 3,
- unsatisfactory rating - 2.

2. Evaluation of practical skills and manipulations on the subject of the lesson:

- methods: assessment of the correctness of the performance of practical skills
- the maximum score is 5,
- minimum grade – 3,
- unsatisfactory rating - 2.

The grade for one practical lesson is the arithmetic average of all components and can only have a whole value (5, 4, 3, 2), which is rounded according to the statistical method.

Criteria for ongoing evaluation in the seminar class

Assessment	Criteria for the assessment
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, is able to successfully perform the tasks assigned by the program, has mastered the content of basic and additional literature, has realized the relationship of individual sections of the discipline, their importance for the future profession, has revealed creative abilities in the use of educational and program material, showed the ability to independent updating and replenishment of knowledge.
«4»	The applicant revealed full knowledge of the curriculum material, successfully performed the tasks provided by the program, absorbed the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and is able to independently update and update them during further training and professional activities.
«3»	The applicant has identified knowledge of the basic curriculum material to the extent necessary for further training and subsequent work in the profession, copes with the tasks provided by the program, made some mistakes in the answers and in the performance of test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not identify sufficient knowledge of the basic curriculum material, made fundamental errors in the performance of the tasks provided by the program, cannot use the knowledge without the help of the teacher in further training, could not master the skills of independent work.

Assessment of independent work of applicants:

Students' independent work is assessed during the current control of the topic in the relevant class. Mastery of topics that are submitted only for independent work is checked during classroom classes.

Credit is given to an applicant who has completed all the tasks of the work program of the discipline, actively participated in seminars, completed and defended an individual assignment and has a current average grade of at least 3.0 and has no academic debt.

The test is given: at the last class before the examination session - in the case of the tape system of education, at the last class - in the case of the cycle system of education. The grade for the test is the arithmetic mean of all components on a traditional four-point scale and has a value that is rounded according to the statistical method with two decimal places.

9. Distribution of grades received by undergraduate applicants

The obtained grade point average for the discipline for students who have successfully completed the work program of the discipline is converted from the traditional four-point scale to points on a 200-point scale, as shown in the table:

Table of conversion of traditional assessment into multi-point

Traditional four-point scale	Multipoint 200-point scale
Excellent («5»)	185 – 200
Good («4»)	151 – 184
Satisfactory («3»)	120 – 150
Unsatisfactory («2»)	Below 120

The multi-point scale (200-point scale) characterizes the actual performance of each student in mastering the educational component. The conversion of the traditional grade (grade point average) into a 200-point scale is performed by the University's Information Technology Department.

According to the points received on a 200-point scale, the achievements of applicants are evaluated according to the ECTS rating scale. Further ranking according to the ECTS rating scale allows evaluating the achievements of applicants in the educational component who study in the same course of one specialty, according to the points they received.

The ECTS scale is a relative and comparative rating scale that establishes the applicant's belonging to the group of the best or worst among the reference group of fellow students (faculty, specialty). Grade A on the ECTS scale cannot be equal to grade A, and grade B cannot be equal to grade B, etc. When converting from a multi-point scale, the limits of grades "A", "B", "C", "D", "E" on the ECTS scale do not coincide with the limits of grades "5", "4", "3" on the traditional scale. Applicants who have received grades "FX" and "F" ("2") are not included in the list of ranked applicants. The grade "FX" is assigned to applicants who have scored the minimum number of points for current academic activities, but who have not been credited with the final control. The grade "F" is assigned to applicants who have attended all classes in the discipline, but have not gained an average score (3.00) for current academic activities and are not allowed to take the final control.

Applicants enrolled in the same course (one specialty), based on the number of points gained in the discipline, and are ranked on the ECTS scale as follows:

Conversion of the traditional discipline grade and the sum of the ECTS scale scores

Assessment on the ECTS scale	Statistical indicator
A	The best 10% of the student
B	The next 25% of the student
C	The next 30% of the student
D	The next 25% of the student
E	The next 10% of the student

10. Methodical support

- Working program of the academic discipline
- Syllabus
- Methodical developments for seminar classes
- Methodical recommendations for independent work of higher education applicants
- Multimedia presentations
- Situational clinical tasks

**11. Questions to prepare for the final control
THERAPEUTIC AND SPORTS MASSAGE**

1. What is sports massage?
2. What are the most effective techniques of classical massage (basic and additional) in terms of impact on the part of the body that is being massaged, or are they used in sports practice?
3. What types of sports massage do you know?
4. What is the general purpose of training massage?
5. What determines the duration of a training massage?
6. What is the total duration of a general and private training massage session?
7. How is the time spent on the most common techniques in training massage approximately distributed (in %)?
8. What are the subtypes of training massage?
9. At what stage is the massage used to increase training, what are the features of its methodology?
10. In what cases is the massage used to preserve athletic shape, what are the features of its methodology?
11. In what form is the massage that increases the level of development of physical qualities? What are the features of its implementation?
12. What subtypes is the previous massage divided into, what is its purpose?
13. What tasks performs a warm-up massage, what is its influence on an organism of the sportsman?
14. What complex of massage techniques is used in a warm-up massage? What is the method of massage before warm-up, after warm-up?
15. What tasks does massage perform in pre-start states?
16. What kinds of emotions that characterize the pre-starting state of an athlete are distinguished? What are the peculiarities of the massage technique in these states?
17. What is the task of the warming massage? What are the peculiarities of the technique of its conduct?
18. What is the purpose of the mobilizing massage? What are the features of the methodology of its implementation?
19. What subspecies is the restorative massage divided into, what is its purpose?
20. What is the technique of restorative massage in short breaks from 1 to 5 minutes?
21. What is the technique of restorative massage during pre-endurance 3 hours and more?
22. How is a restorative massage carried out in a multi-day system of competitions with a single performance (training session) per day?
23. How is a restorative massage carried out on a day of rest?
24. How is the restorative massage performed after the competition?
25. What points determine the specific scheme of the technique of a private massage session in sports practice?
26. What is the physiological effect of hyperthermia on the human body?
27. What is the method of bath procedure?
28. What are the features of the method of massage in the bath?
29. What are the goals of the preparatory, main and final stages of massage for sports injuries and diseases?
30. What is the thermal means of massage? What is the physiological effect of heat on the injured area?
31. In what forms is the light procedure used in combination with massage of injured parts of the body?
32. What is the physiological effect of electrical procedures on the injured area?
33. What types of water procedures are used in combination with massage?
34. What is cryomassage and how is it performed?
35. What is the physiological effect of can massage? How is it performed?
36. What are the peculiarities of using ointments and rubbing for the purpose of rehabilitation after injuries and damages?

37. What are the peculiarities of the methodology of the massage session in certain sports (chosen sport)? History of massage development.
38. Give a description of therapeutic massage.
39. Methods of therapeutic massage.
40. What are the methodological features of therapeutic massage?
41. General indications and contraindications for therapeutic massage?
42. What is the combination of therapeutic massage with various physiotherapeutic procedures and exercise therapy?
43. Give an idea of the types of therapeutic massage.
44. Tell us about segmental reflex massage.
45. Explain the essence of acupressure massage and its technique.
45. Explain the essence of acupressure and its technique.
46. What is connective tissue massage?
47. Tell us about periosteal massage.
48. Tasks and methods of massage for injuries of the ODA?
49. Massage for joint diseases?
50. Tell us about massage for injuries and diseases of the nervous system.
51. Tell us about massage for diseases of the cardiovascular system.
52. Tell us about massage in the treatment of scoliosis.
53. Tell us about massage in the treatment of osteochondrosis.
54. Tell us about massage for diseases of the respiratory system.
55. Tell us about massage for cerebral palsy

12. Recommended Books

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. The complete guide to modern massage step-by-step massage basics and techniques from around the world (Ryan jay Hoyme) publisher: althea press 27 November, 2018 ISBN: 1641522062 192 English file size: 4.27 mb

13. Information resources

- <https://ru.scribd.com/book/451305747/Massage-Therapy-101-101-Tips-to-Start-Grow-and-Succeed-as-a-Massage-Therapist>
- <https://www.everydayhealth.com/wellness/massage-therapy/guide/>
- <https://www.perlego.com/book/391741/the-complete-guide-to-sports-massage-pdf>
- <https://www.sciencedirect.com/book/9780443101267/integrated-sports-massage-therapy>
- <https://origympersonaltrainercourses.co.uk/blog/sports-massage-books>