Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Fundamentals of Rehabilitation and Fascial Massage	
Academic Teacher	mgr Waldemar Kabat
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFF-FRFM-26
Course description	
The "Fundamentals of Rehabilitation and Fascial Massage" course covers issues related to the foundations of medical rehabilitation, the functioning of the locomotor system, and the role of fascia in maintaining motor control and functional efficiency. The classes combine theoretical knowledge with practical preparation for performing basic physiotherapeutic procedures, including patient functional assessment, rehabilitation planning, and the execution of selected soft-tissue-targeted manual techniques. Particular emphasis is placed on understanding the anatomy and function of the fascial system, indications and contraindications for fascial massage, safety principles, and critical evaluation of scientific evidence regarding-the effectiveness of manual therapy. The course prepares students for the conscious, safe, and scope-of-practice-compliant use of basic rehabilitation and soft-tissue work methods in physiotherapy practice.	
Learning outcomes - course content	
The aim of the course is to: • Familiar is a student with the fundamental concepts, objectives, and principles of medical rehabilitation. • Introduce the basics of the anatomy, physiology, and biomechanics of the fascial system. • Develop students' skills in performing basic functional assessments of patients. • Prepare students to safely perform selected fascial massage techniques. • Teach students to identify indications, contraindications, and situations requiring medical consultation.	

- Develop students' ability to plan physiotherapeutic management in consideration of individual patient needs.

Student workload (self-study description)

A student who has successfully completed the course:

- Understands the importance of palpatory anatomy for the accurate assessment and treatment of patients with fascial dysfunctions and is familiar with the anatomical structures covered in the course.
- Knows the most common dysfunctions of the musculoskeletal system and the fascial system.
- Possesses knowledge of the functions of the musculoskeletal and nervous systems.
- Is able to perform selected fascial massage techniques.
- Is able to assess basic dysfunctions of the fascial system.

Literature

1. Schleip R., Findley T.W. Chaitow L., Huiking P.A. (red.), Fascia: The Tensional Network of the Human Body, Elsevier.
2. Stecco C., Functional Atlas of the Human Fascial System, Elsevier.
3. Lederman E., The Science and Practice of Manual Therap, Elsevier Churchill Livinstone
4. Muscolino J.E. „Badanie palpacyjnej układów mięśniowego i kostnego z uwzględnieniem punktów spustowych, stref odruchowych i stretchingu" Elsevier Urban & Partner, Wrocław, 2016