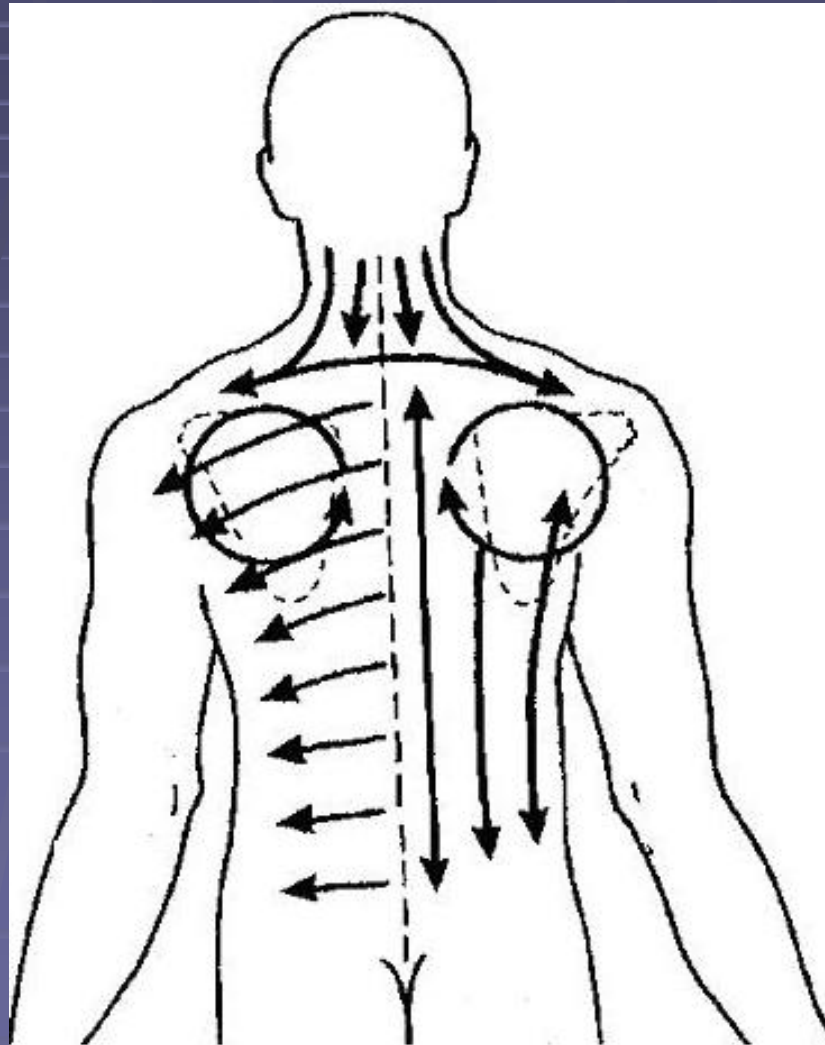


# **MASÁŽ CHRBTÁ**

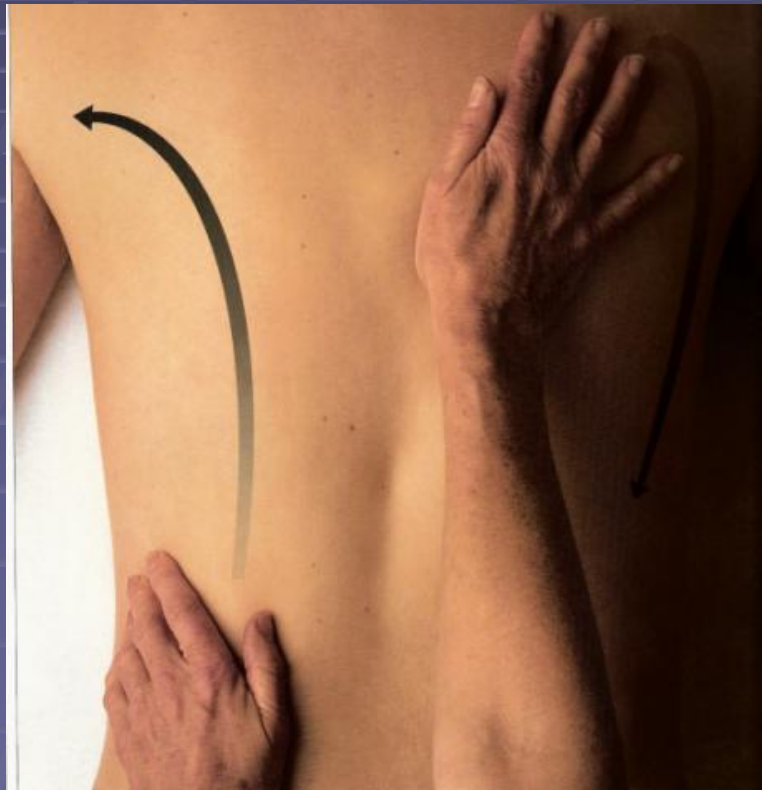
**Mgr. Petronela Osacká, PhD.**

Univerzita Komenského v Bratislave,  
Jesseniova lekárska fakulta v Martine,  
Ústav ošetrovateľstva,  
November 2011

# Smer hmatov



# Trenie chrbta otvorenou dlaňou



# Trenie lopatky a ramena

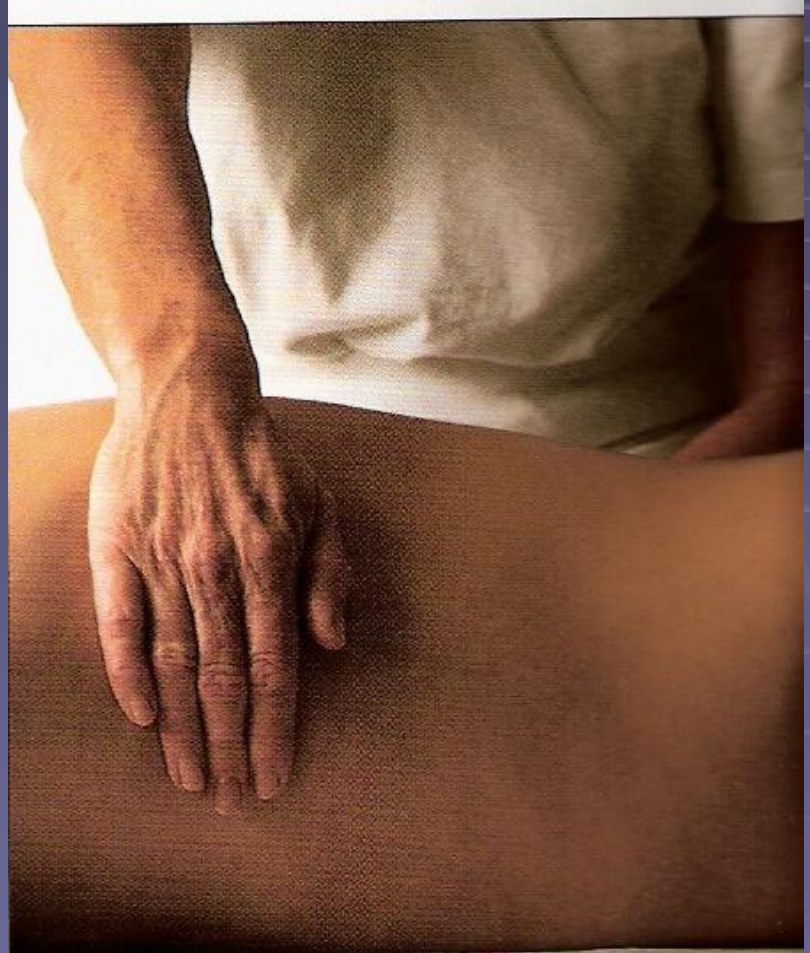
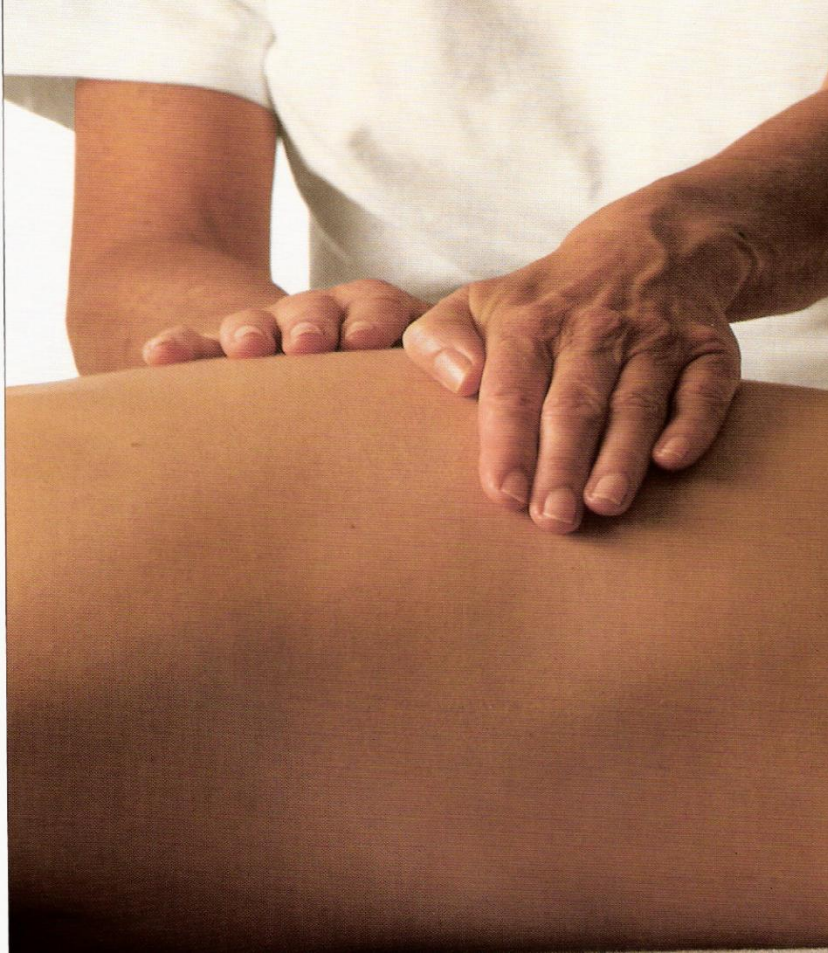


# Postupy vytierania a roztierania chrbta 1





# Postupy vytierania a roztierania chrbta 2

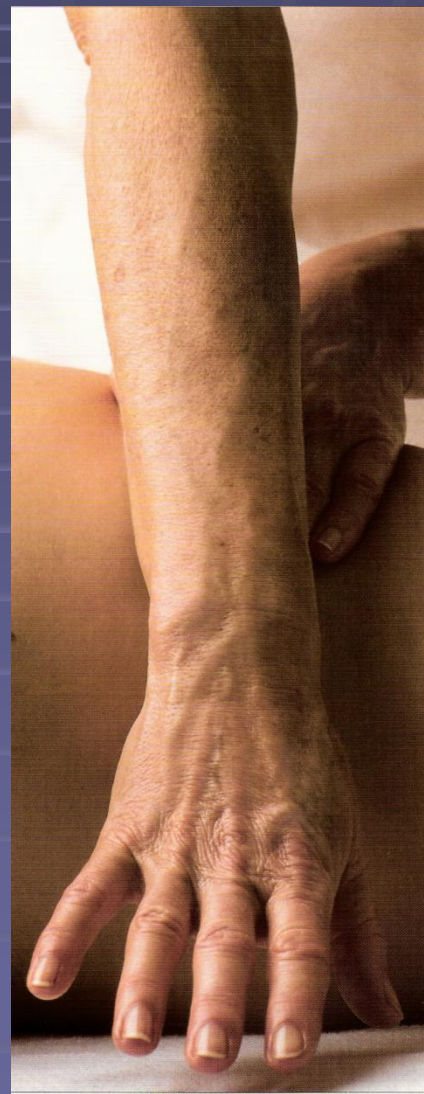




# Postupy vytierania a rozťierania chrbta 3



# Postupy vytierania a roztierania chrbta 4

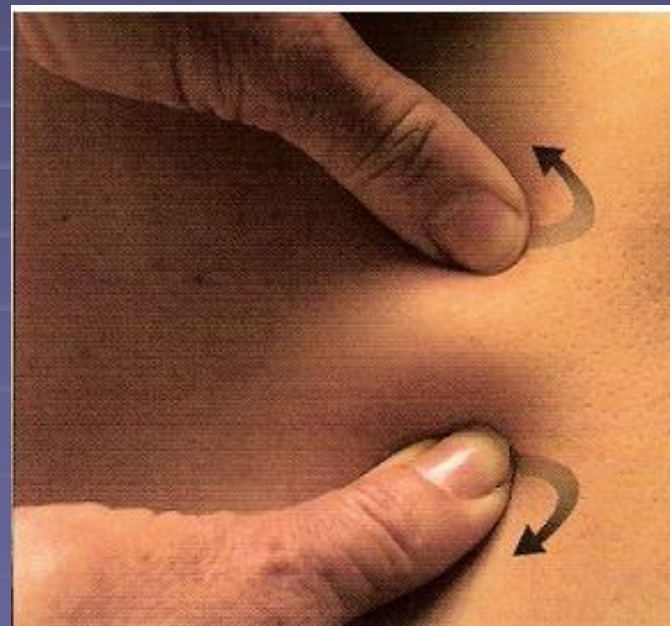
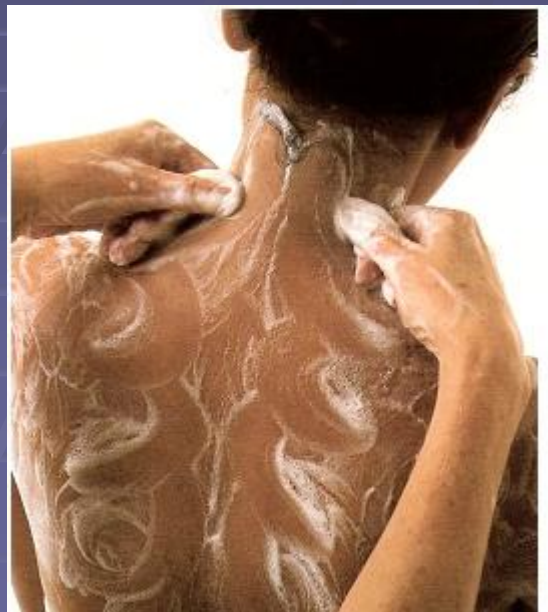




# Postupy vytierania a roztierania chrbta 5

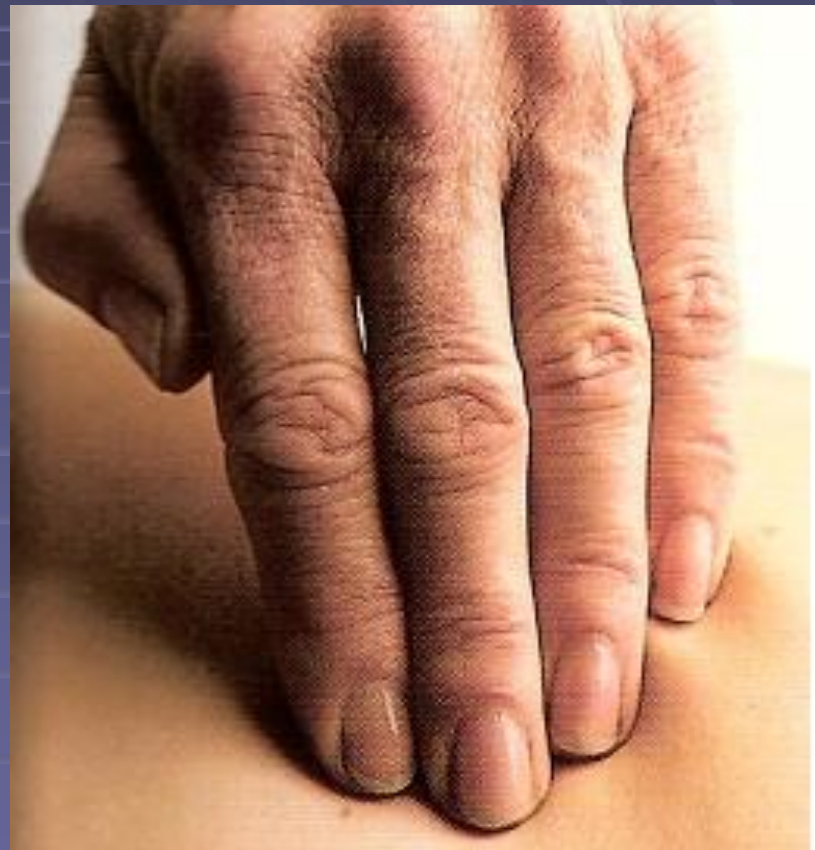
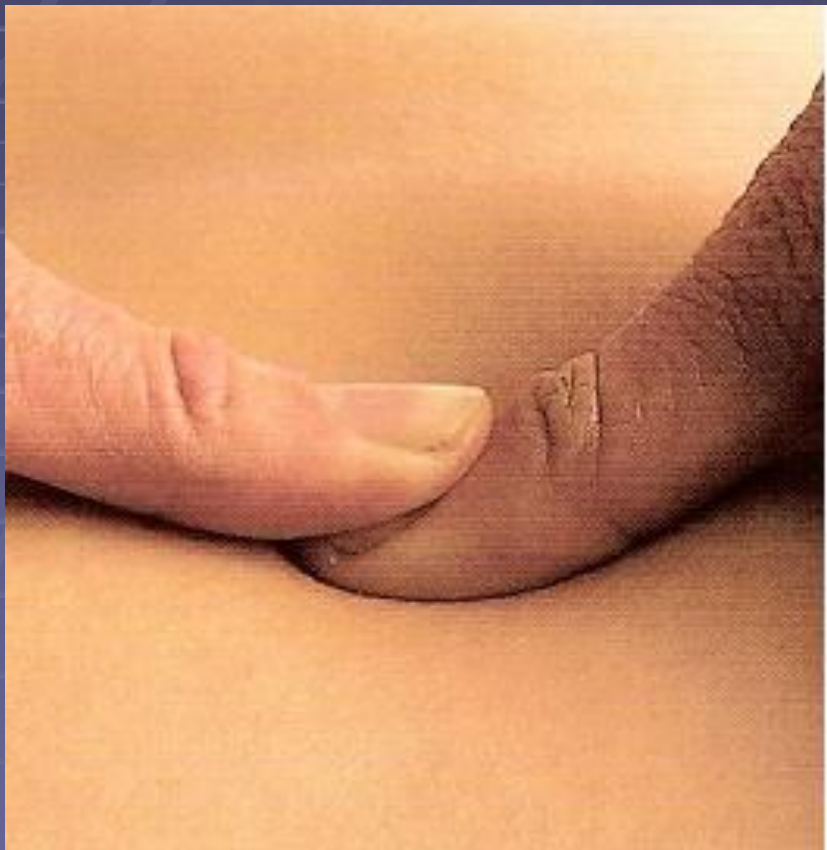


# Postupy vytierania a roztierania chrbta 6



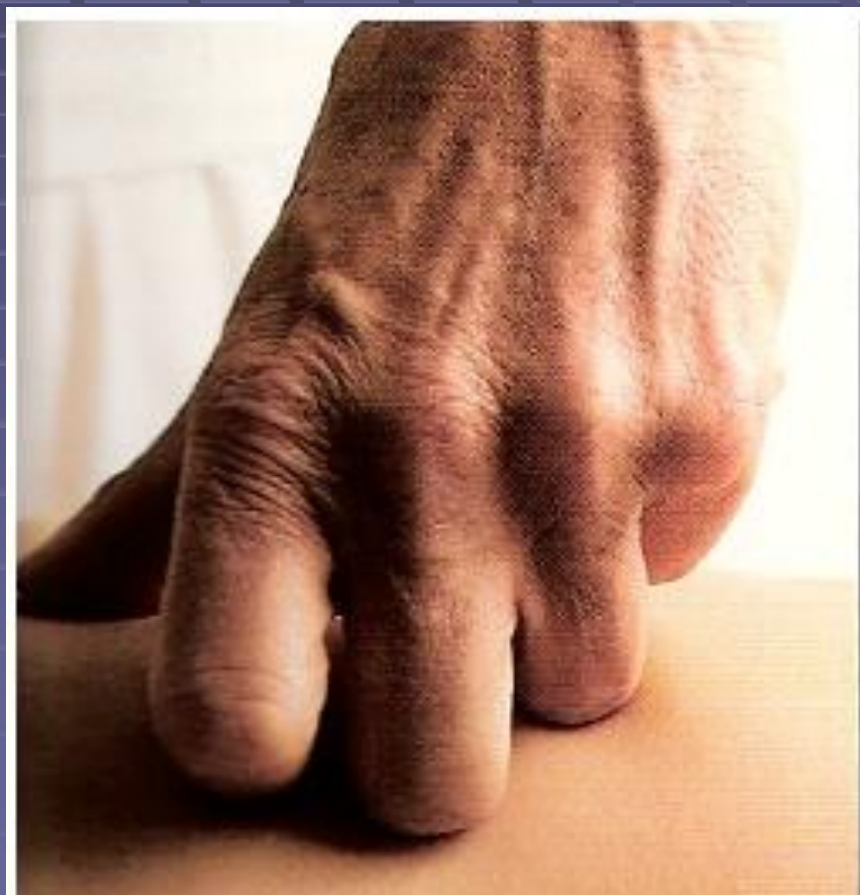
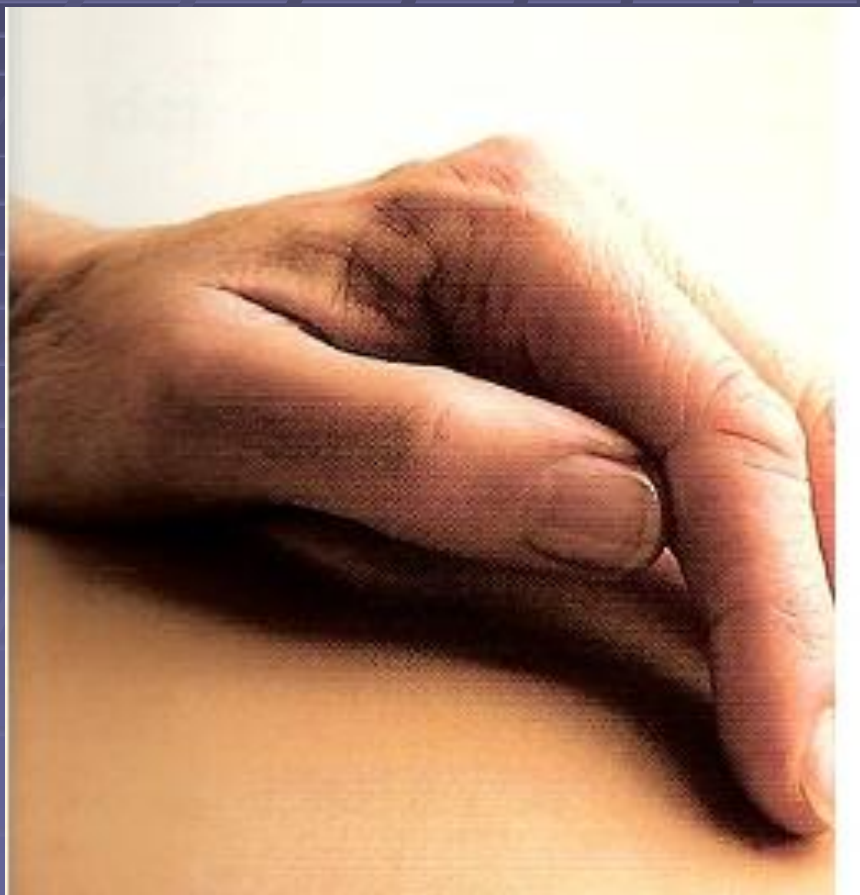


# Postupy vytierania a roztierania chrbta 7

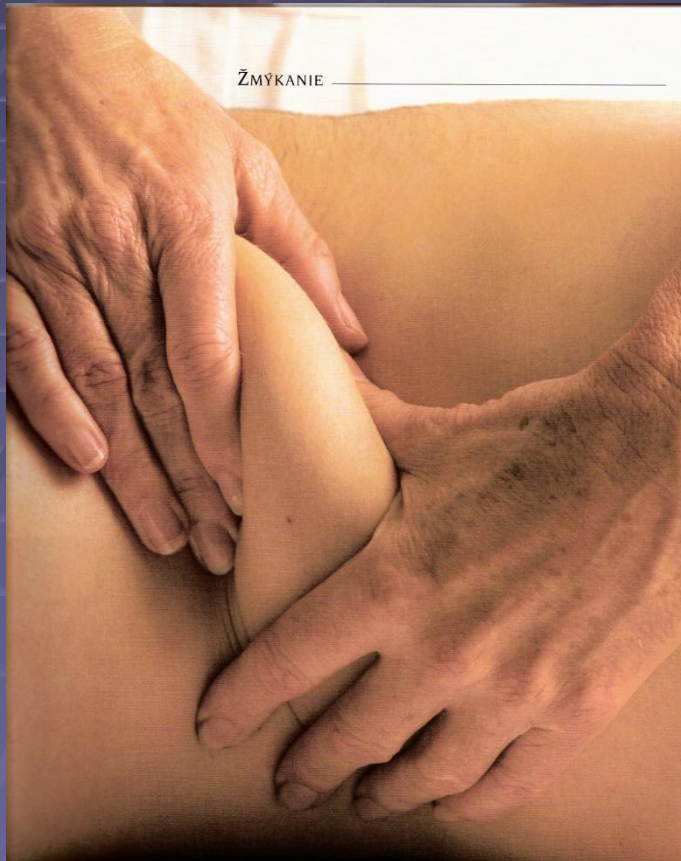




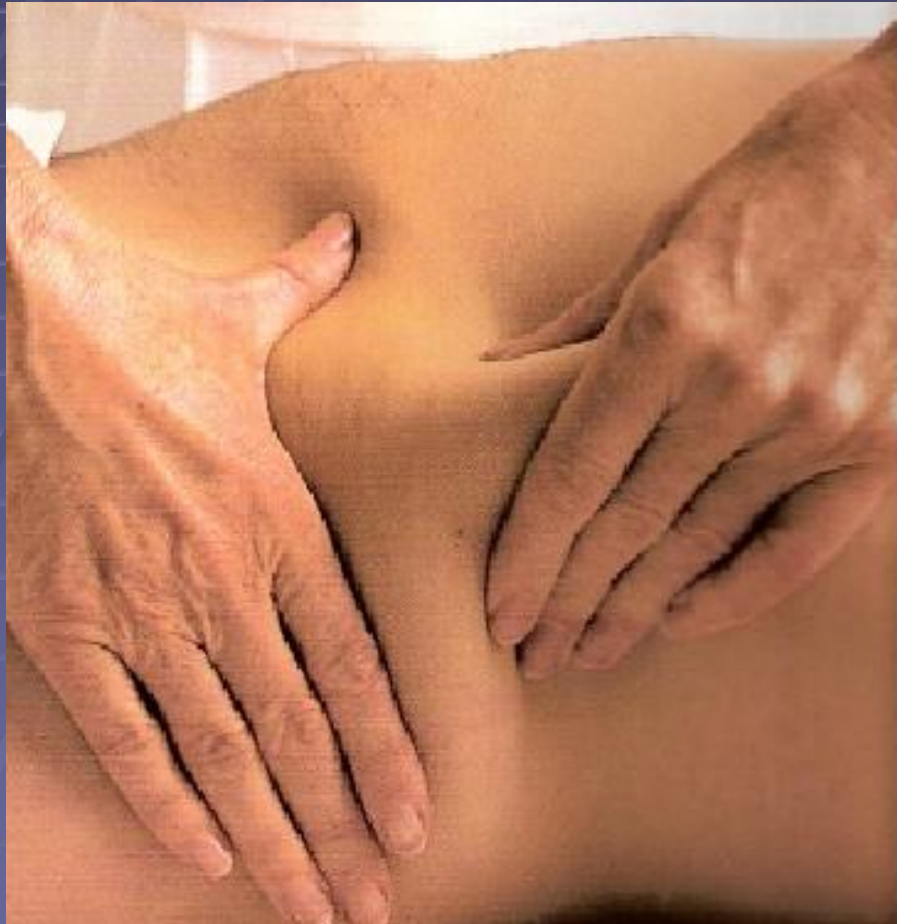
# Postupy vytierania a rozťierania chrbta 8



# Spôsohy hnetenia 1



## Spôsohy hnetenia 2





# Tepanie – „šklbanie“ prstami a hrstou



# Tepanie – pästou a prstami



# Záverečné vytieranie





# Bibliografické zdroje

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