



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Posturologia Gnatologica e Sportiva

1819-2-H4601D052

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#### Aims

To learn the basic skills to approach the athlete in an interdisciplinary way, with particular attention to the functional, traumatological, management of the oral ecosystem and performance.

#### Contents

The functional and metabolic aspects characteristic of the stresses to which an athlete is subjected are tackled, from the point of view, traumatological, gnathological, preventive, and performance.

#### Detailed program

Sports history, clinical examination, stomatognathic function, joint pathology, muscular disharmony, descending and extra-abnormal interferences, instrumental evaluations, mouthguards, bite, management of the oral ecosystem, hydration and nutrition, performance aspects.

#### Prerequisites

none

#### Teaching form

frontal lecture and practice

**Textbook and teaching resource**

Odontoiatria e Sport, E. Spinass et al. , Edi Ermes

**Semester**

second semester

**Assessment method**

Constant and participatory attendance of the course.

**Office hours**

friday pm on request

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