



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### The Shoulder: Pre - Operative and Post - Surgical Rehabilitative Treatment

1920-2-I0201D077

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#### Aims

PROVIDE BASIC SKILLS TO APPROACH PRE AND POST SURGICAL SHOULDER REHABILITATION ACCORDING TO PRESENT EVIDENCE

#### Contents

BASIC information, principles and SKILLS to properly MANAGE the rehab process related to COMMON shoulder surgery

#### Detailed program

ANATOMICAL APPROACH SURFACE and CLINICAL EXAMINATION OF THE SHOULDER APPROACH rehabilitation before and after surgery to repair:

BREAKING THE ROTATOR CUFF

SLAP tear

Bankart lesion

- INSTABILITY multidirectional

- STIFFNESS &#39; SHOULDER

- Fractures of the humeral head

### **Prerequisites**

### **Teaching form**

### **Textbook and teaching resource**

La spalla: Patologia, tecnica chirurgica, riabilitazione - Verduci ed.

La riabilitazione post chirurgica nel paziente ortopedico - Masson ed.

RECENT SCIENTIFIC ARTICLES

### **Semester**

### **Assessment method**

FREQUENCY

### **Office hours**

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