UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Rehabilitation of The Rheumatic Diseases

2021-2-I0201D080

Aims

After successfully completing this course you should be able to:

- Fill in correctly the medical record
- Recognize the main diseases frameworks and describe them
- Distinguish between inflammatory and degenerative symptoms
- Distinguish between functional and differential diagnosis in rheumatic diseases
- Apply ICF criteria in the rheumatic evaluation
- Understand and apply the basic models: neurophysiological, biomechanical, psychosocial
- Understand and apply: prevention, treatment and physiotherapy rehabilitation
- Understand the main rehabilitation methods, techniques and tools for rheumatologic rehabilitation
- Understand the main guidelines of rehabilitation treatment
- Understand and address acute, chronic and neuropathic pain
- Understand and treat primary and secondary damage

Understand the therapeutic relation and the communication strategies between physiotherapist and patient (expectations, roles, psychodynamic), patients' reactions to pain and disability, abnormal disease behavior, cognitive-behavioral techniques, placebo effect

Contents

The purpose of the course is to provide the students with skills to become professionals in Rheumatic Diseases and to be able to apply their knowledge and skills in the national and international health sector, both public and private. Moreover, participants will be able to be part of European and International scientific committee , such as Eular and ACR.

The course introduces rheumatic diseases and considers their evaluation and the planning of tailored therapeutic programs.

The material presented in lecture will be power point presentations and individual readings.

Student competence will be assessed by active participation in class and correct application of the theoretical structure of the program

Detailed program

Osteoporosis rehabilitation II

Rehabilitation program on evidence based medicine

Adolescence and young adults:

- Reproductive age
- Perimenopause
- Women after menopause, in good health status
- Women after menopause, with osteoporosis without bone fracture history
- Women after menopause, with osteoporosis and bones fractures history

REHABILITATION IN ARTHROSIS

The rehabilitation program based on evidence based medicine:

- Definition

- Arthrosis classification
- Morphological characteristics
- Morphological aspects of arthrosis cartilage
- Clinical and radiological prevalence
- Risk factors
- General symptoms of arthrosis
- Clinical development
- Direct and indirect costs
- Patients problems
- Disease chronicity
- Places and physio-pathological mechanisms of pain in arthrosis
- Scales for pain evaluation

Global and district treatment

REHABILIATION IN RHEUMATOID ARTHRITIS

Treatment in the different phases: early and chronic

-.Analysis of pain

- Reactions to pain and its mechanisms

- Pain management

- Evaluation and treatment of the articulatory pathological district

Prerequisites

Enrollment to the second year of the PT course

Teaching form

The course instructor will utilize all of the following techniques: frontal lecture, focused readings and practical exercises in class.

Textbook and teaching resource

La riabilitazione nel paziente affetto da artrite reumatoide" Cazzola M., Sarzi Puttini P. Ed. Mattioli Fidenza 2004.

Riabilitazione integrata delle malattie reumatiche" Nava T. Ed Masson 2005.

Riabilitazione Reumatologica approccio multidisciplinare" Susanna Maddali Bongi. Ed Edra Firenze 2007.

Souchard P.E. Basi del metodo di rieducazione posturale globale. Il campo chiuso. Ed. Marrapese, Roma 1994.

Souchard PE. Ginnastica posturale e tecnica Mezieres. Ed. Marrapese, Roma 1992.

Bijlsma J WJ. Textbook on Rheumatic Diseases. BJM Group, 2012

Malattie reumatiche S. Tedesco, P.F. GambariMC GRAW HILL 2000

Semester

Assessment method

Office hours