

## SYLLABUS DEL CORSO

### **Introduzione alla Valutazione Clinica ed all'Approccio Terapeutico alle Lombalgie Secondo il Concetto Mc.kenzie**

2021-2-I0201D025

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#### **Aims**

The student completing this course will learn the basis for assessment and targeted treatment according to the concept of mechanical diagnosis of Mc Kenzie.

#### **Contents**

The course aims to provide the students with minimal tools to manage and classify the clinical characteristics of patients affected by low back pain according to the concept of mechanical diagnosis of Mc. Kenzie. Aims:

#### **Detailed program**

Anatomy and biomechanics of the lumbar spine

- The lumbar spine pathophysiology and epidemiology of low back pain
- The key principles of the Mc. Kenzie method
- The three syndromes and their characteristics: derangement, postural, dysfunctional
- The anamnesis, specific questioning, physical examination,
- Diagnostic and treatment principles in different syndromes.

Teaching methodology: lectures and practical training in groups.

**Prerequisites**

Students of the Course in Physiotherapy at 2nd year and over.

**Teaching form**

Lessons and Practice in small groups.

**Textbook and teaching resource****Semester****Assessment method**

Attendance.

**Office hours**

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