UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Introduction To Clinical Assessment and Therapeutic Approach To Backache According To Mc Kenzie

2021-2-I0201D025

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 Mk. Kenzie method

- The three syndromes and their characteristics: derangement, postural,dysfunctional

- The anamnesis, specific questioning, physical examination,

- Diagnosticand treatment principles in different sindromi.

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