



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Introduzione alla Riabilitazione in Ambito Sportivo

2021-3-I0201D024

---

#### Aims

Presentation of the basic principles of rehabilitation in sport activities.

#### Contents

The course aims to introduce students to the major diseases related to sport activities and to rehabilitative and preventive programs. At the end of the course the student should know the main problems of the athlete and should have acquired the general concepts on prevention and rehabilitation related to them.

#### Detailed program

- Functional overload pathologies (overview and treatment)
- Pathologies of the spine and related problems
- Articular traumatism
- Articular traumatism (classification and treatment)
- Manual therapy and modalities in sport traumatology.

#### Prerequisites

#### Teaching form

**Textbook and teaching resource**

**Semester**

**Assessment method**

**Office hours**

---