UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Introduction To Rehabilitation in Sports Field

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