

# UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

## **COURSE SYLLABUS**

## **Rehabilitative Approach To Pain**

2122-3-I0201D143-I0201D223M

Aims
-to recognize the different pain types and mechanisms
-to -to understand the principles underpinning exercise physiology.
Contents
-different pain mechanisms according to IASP definition
-integration of clinical sensory testing in musculoskeletal assessment
-strength traning programming

### **Detailed program**

- -assessment and management in musculoskeletal rehabilitation
- -quantitative and clinical sensory tests in rehabilitation
- -principles of exercise physiology and integration of strength training in rehabilitation
- -stratified model of care

#### **Prerequisites**

#### **Teaching form**

Lessons in attendance, clinical case discussion, small group work, subject to any changes following the pandemic.

#### Textbook and teaching resource

Beales D, Mitchell T, Moloney N, Rabey M, Ng W, Rebbeck T. Masterclass: A pragmatic approach to pain sensitivity in people with musculoskeletal disorders and implications for clinical management for musculoskeletal clinicians. Musculoskelet Sci Pract. 2021 Feb;51:102221. doi: 10.1016/j.msksp.2020.102221. Epub 2020 Jul 18. PMID: 32972875.

Zideman DA, Derman W, Hainline B, Moseley GL, Orchard J, Pluim BM, Siebert CH, Turner JA. Management of Pain in Elite Athletes: Identified Gaps in Knowledge and Future Research Directions. Clin J Sport Med. 2018 Sep:28(5):485-489. doi: 10.1097/JSM.00000000000000618. PMID: 29952840.

Maestroni L, Read P, Bishop C, Papadopoulos K, Suchomel TJ, Comfort P, Turner A. The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. Sports Med. 2020 Aug;50(8):1431-1450. doi: 10.1007/s40279-020-01309-5. PMID: 32564299.

Maestroni L, Read P, Bishop C, Turner A. Strength and Power Training in Rehabilitation: Underpinning Principles and Practical Strategies to Return Athletes to High Performance. Sports Med. 2020 Feb;50(2):239-252. doi: 10.1007/s40279-019-01195-6. PMID: 31559567.

#### Semester

1nd semester

### **Assessment method**

Office hours