UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

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

2122-2-I0201D025

Aims

Knowing the basis for assessment and 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.

Detailed program

Anatomy and biomechanics of the lumbar spine

- 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

- Anamnesis, specific questioning, physical examination,

- Diagnostic and treatment principles in different sindroms.

Prerequisites

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

Teaching form

Lessons in attendance, small group practice, subject to any changes following the pandemic.

Textbook and teaching resource

Semester

Assessment method

Attendance.

Office hours