



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Valutazione e Trattamento delle Affezioni Femororotulee

2122-3-I0201D073

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#### Aims

- recognizing the typical clinical signs of the disease, evaluate the patellar position at rest and during the contraction in open and closed kinetic chain.
- learn the concept of active Q angle and the ankle and hip influence on patellofemoral sd.
- carry out a manual therapy treatment of patellar medialization and tibial rotation correction .
- recognize any postural or peripheral nervous system's dysfunction

#### Contents

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## **Detailed program**

Functional anatomy

Knee and lower limb Biomechanics

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Practical demonstration and teaching of manual techniques

Practical demonstration and teaching of postures, improvement of performance-control of movement and stability, neurodynamics

## **Prerequisites**

Enrollment in the 3rd year of the course.

## **Teaching form**

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

## **Textbook and teaching resource**

## **Semester**

## **Assessment method**

Attendance

## **Office hours**

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