UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Assessment and Rehabilitation of Patellofemoral Pain Syndrome

2122-3-I0201D073

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

patellofemoral etiopathogenesis

Assessment of the patient affected by this desease

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