



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Approccio al Dolore in Riabilitazione

2223-3-I0201D143-I0201D223M

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#### Aims

- to recognize the different pain types and mechanisms
- to understand the principles underpinning exercise physiology IASP guidelines in musculoskeletal assessment
- to understand the principles underpinning exercise physiology

#### Contents

- different pain types according to IASP definition
- different pain mechanisms according to IASP definition
- integration of clinical sensory testing in musculoskeletal assessment
  - implications for rehabilitation
- strength training 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.0000000000000618. 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**

Descibed in the subjects' syllabus

## **Office hours**

by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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