UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Approach To The Exercise Tolerance Functions

2223-3-I0201D143-I0201D224M

Aims

- Analyze the deconditioning process that occurs as a consequence of a bed rest period in a subject in critical pathological conditions.

- Study of the mechanisms that lead to the main physical modifications and analysis of the variables that induce a vicious circle of decrease in physical activity, an increased intolerance to physical effort, a reduction in cardio-vascular and respiratory capacity and muscle atrophy.

Contents

Physical deconditioning: evaluation, design and rehabilitation program

Detailed program

-Identification of the main dysfunctions resulting from the physical deconditioning, analysis of the main pathologies involved in this process and differentiation of the acute, sub-acute and phases chronic.

-Analysis of the data in the literature, classification of the phenomenon in the post-stroke population with identification of primary effects e secondary to the pathology.

-Search for scientific evidence, new acquisitions and indications practices present in the literature for the TR of the subjects deconditioned: the concept of fragility.

-Global and specific objectives of each stage of disease and declination according to the specificity of each,

forecast of the intervention rehabilitation.

-Which comprehensive and specific assessment tools are best suited, such as the inclusion and exclusion criteria.

-The "when" and "how" of the rehabilitation intervention according to the new acquisitions in the rehabilitation field.

-The new therapeutic proposals regarding the introduction aerobic exercise in relation to the progressive development of strength muscle and positive effects on quality of life.

-Deconitioned patient in chronic phase. Protected disarch and return home, taking charge in the territory
Biopsychosocial optics: the importance of care giver and the environment and social context.

- The approch to the treatment of the chronic patient at home: the state of the art
- rehabilitation proposals: from telerehabilitation to adapted physical activity

Prerequisites

Teaching form

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

Textbook and teaching resource

Slide of the teacher

References from the literature

Semester

1st semester

Assessment method

Described in the subject's syllabus

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING