UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Muscular Assessment

2223-1-I0201D130-I0201D191M

Aims

At the end of the course the student must:

know and be able to apply the assessment of muscle performance through muscle testing.

The aim of the course is to provide the student with the theoretical and practical knowledge to consciously perform the manual muscle tests (TMM) of strength and length of the different parts of the body.

At the end of the course, the student will have the notions to be able to identify the muscle to be tested since he knows its origin, insertion, innervation and function, perform the appropriate strength or length test, make a judgment with respect to the results obtained.

This knowledge will represent the basis on which the student will learn to develop clinical reasoning in the following years.

Furthermore, the practical exercises will allow the student to refine their manual skills.

Contents

During the course the muscle evaluation parameters will be defined and the manual muscle tests of all body areas will be shown

Detailed program

- Definition of break test to evaluate the strength of a muscle according to a defined grading
- Basic muscle dysfunctions: weakness, relative stiffness, short muscle, long muscle
- TMM of trunk, head and neck muscles: extensors, flexors, rotators, abdominals
- TMM of upper limb muscles: shoulder, elbow, wrist, hand
- TMM of lower limb muscles: hip, knee, ankle, foot

Prerequisites

none

Teaching form

- Frontal lessons
- Tutorials

Textbook and teaching resource

- Florence Peterson Kendall, Elizabeth Kendall McCreary, Patricia Geise Provance, The Muscles. Functions and tests with posture and pain (5th edition) - Verduci Editore, 2005
- Donald A. Neumann, Kinesiology of the Musculoskeletal System. Foundations for rehabilitation (3rd edition) - Piccin- Nuova Libraria, 2019
- Shirley A. Sahrmann et al, Movement system dysfunction syndromes. Extremities, spine and thoracic. Management of the acute state and long-term treatment - Elsevier (2012)
- Pdf material

Semester

second semester

Assessment method

oral and practical exam

Office hours

by apponitment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING