



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Approccio Multimodale al Trattamento delle Cervicalgie da “colpo di Frusta”

2223-2-I0201D070

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#### Aims

Improvement of knowledge on pathophysiology, biomechanics and relationship with the complex framework of detectable signs and symptoms.

#### Contents

Describe whiplash trauma and systemic effects. Explain evaluation and intervention methods  
Inform students about the multi-system damage inflicted by whiplash trauma. To exemplify methods of investigation, damage assessment, and various intervention protocols.

#### Detailed program

aspects of biomechanics and pathophysiology of the cervical spine pathophysiology of whiplash, clinic, recovery times, treatment hypotheses (bibliographic review) treatment hypotheses:

- weighted joint movements
- myofascial inhibition techniques (spray and stretching, muscle energy techniques, positional release ..)

**Prerequisites**

Enrollment in the second year of the Degree Course in Physiotherapy

**Teaching form**

practical frontal lesson and lab

**Textbook and teaching resource**

Research in scientific literature

**Semester**

annual

**Assessment method**

Set of final questions to reaffirm the main knowledge acquired. It does not assign votes

**Office hours**

by appointment

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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