

## SYLLABUS DEL CORSO

### Valutazione e Trattamento del Dolore Anteriore di Ginocchio

2223-3-I0201D150

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#### 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 disease

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**

handouts

### **Semester**

annual

### **Assessment method**

Attendance

### **Office hours**

by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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