UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Muscle-Tendon Injuries in Sport

2223-2-I0201D152

Aims

To learn Muscle-tendon injuries in athletes

Contents

- Muscle contraction and Cramp
- Epidemiology in muscle injuries
- Etiopathogenesis
- Classification
- Diagnosis
- Muscle injuries course
- Therapeutic intervention in return to sport andreturn to game
- Complications

Detailed program

- Epidemiology of Tendinopathy
- Etiopathogenesis and classification
- Biochemistry and histology in Tendinopathy
- Diagnosis and assessment
- Course of Tendinopathy
- Therapeutic intervention in return to sport and return to play
- Complications

Prerequisites

Teaching form

Classes, active learning mehods, guided discussions.

Textbook and teaching resource

handouts

Semester

annual

Assessment method

attendance

Office hours

by appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING