UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Rehabilitative Approach To Pain

2324-3-I0201D143-I0201D223M

Aims

-to recognize the different pain types and mechanisms

-to -to understand the principles underpinning exercise physiology IASP

guidelines in musculoskeletal assessment

-to understand the principles underpinning exercise physiology

Contents

-different pain types according to IASP definition

-different pain mechanisms according to IASP definition

-integration of clinical sensory testing in musculoskeletal assessment

- implications for rehabilitation

-strength traning programming

Detailed program

-assessment and management in musculoskeletal rehabilitation

-quantitative and clinical sensory tests in rehabilitation

-principles of exercise physiology and integration of strength training in rehabilitation

-stratified model of care

Prerequisites

Teaching form

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

Textbook and teaching resource

Beales D, Mitchell T, Moloney N, Rabey M, Ng W, Rebbeck T. Masterclass: A pragmatic approach to pain sensitivity in people with musculoskeletal disorders and implications for clinical management for musculoskeletal clinicians. Musculoskelet Sci Pract. 2021 Feb;51:102221. doi: 10.1016/j.msksp.2020.102221. Epub 2020 Jul 18. PMID: 32972875.

Zideman DA, Derman W, Hainline B, Moseley GL, Orchard J, Pluim BM, Siebert CH, Turner JA. Management of Pain in Elite Athletes: Identified Gaps in Knowledge and Future Research Directions. Clin J Sport Med. 2018 Sep;28(5):485-489. doi: 10.1097/JSM.0000000000000618. PMID: 29952840.

Maestroni L, Read P, Bishop C, Papadopoulos K, Suchomel TJ, Comfort P, Turner A. The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. Sports Med. 2020 Aug;50(8):1431-1450. doi: 10.1007/s40279-020-01309-5. PMID: 32564299.

Maestroni L, Read P, Bishop C, Turner A. Strength and Power Training in Rehabilitation: Underpinning Principles and Practical Strategies to Return Athletes to High Performance. Sports Med. 2020 Feb;50(2):239-252. doi: 10.1007/s40279-019-01195-6. PMID: 31559567.

Semester

1nd semester

Assessment method

Descibed in the subjects' syllabus

Office hours

by appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION