UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Approach To The Exercise Tolerance Functions

**2324-3-I0201D143-I0201D224M**

## Aims

- Analyze the deconditioning process that occurs as a consequence of a bed rest period in a subject in critical pathological conditions.

- Study of the mechanisms that lead to the main physical modifications and analysis of the variables that induce a vicious circle of decrease in physical activity, an increased intolerance to physical effort, a reduction in cardio-vascular and respiratory capacity and muscle atrophy.

## Contents

Physical deconditioning: evaluation, design and rehabilitation program

## Detailed program

-Identification of the main dysfunctions resulting from the physical deconditioning, analysis of the main pathologies involved in this process and differentiation of the acute, sub-acute and phases chronic.

-Analysis of the data in the literature, classification of the phenomenon in the post-stroke population with identification of primary effects e secondary to the pathology.

-Search for scientific evidence, new acquisitions and indications practices present in the literature for the TR of the subjects deconditioned: the concept of fragility.

-Global and specific objectives of each stage of disease and declination according to the specificity of each,

forecast of the intervention rehabilitation.

-Which comprehensive and specific assessment tools are best suited, such as the inclusion and exclusion criteria.

-The "when" and "how" of the rehabilitation intervention according to the new acquisitions in the rehabilitation field.

-The new therapeutic proposals regarding the introduction aerobic exercise in relation to the progressive development of strength muscle and positive effects on quality of life.

-Deconitioned patient in chronic phase. Protected disarch and return home, taking charge in the territory
Biopsychosocial optics: the importance of care giver and the environment and social context.

- The approch to the treatment of the chronic patient at home: the state of the art
- rehabilitation proposals: from telerehabilitation to adapted physical activity

## Prerequisites

## Teaching form

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

## Textbook and teaching resource

Slide of the teacher

References from the literature

## Semester

1st semester

## Assessment method

Described in the subject's syllabus

## Office hours

By appointment

## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING