UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Professional Laboratories 1

2324-2-I0201D141

Aims

In relation to the skills characterizing the profession of Physiotherapist, know areas, motivations and therapeutic indications of the early mobilization of a subject with autonomy problems to fulfill their postural needs and perform the transitions between the various possible postures.

Contents

Experimenting with peers with different gestural strategies to adopt, in relation to conceivable problems, the support, the most appropriate facilitation for the set purpose. During gesture guidance, ensure your own safety and that of the assisted subject.

Identify sequences consistent with the facilitation criteria of maximum participation by the subject and similar to the physiological gesture (therapeutic utility)

Detailed program

TOPICS TO ADDRESS :

1. GETTING OUT OF THE BED – REACHING THE SITTING POSITION ON THE EDGE OF THE BED

2. OUT OF THE BED – INTO THE WHEELCHAIR

3. CORRECT POSITIONING IN THE WHEELCHAIR – GET OUT OF THE WHEELCHAIR

4. SITTING ON THE EDGE OF THE BED – REACHING THE SUPINE POSITION

5. MOVE INTO BED

6. POSITIONING ON THE BED

7. FROM THE GROUND – STANDING

PROBLEM SOLVING PROCESS:

for each topic it is necessary: ??to exemplify models of normal movement (healthy subject = economy dynamism) .

Individuate :

Setting, materials and their correct use.

Starting and ending position / trajectory of the parts.

Antigravity skills, Timing of motor sequences.

Muscular forces required. Sufficient joint freedom and muscle lengths.

Hypothesize for each gesture experienced which main difficulties a subject might have

Severely hypotonic hyposthenic, (postural control deficit)

With certain contraindications to joint mobility

With asymmetric motor control problems (hemiplegic)

Find good practices for guidance-support-facilitation of the gesture according to the objectives of the course

Prerequisites

internship field experience

Teaching form

: working in pairs/small groups to develop worksheets based on proposed practical tasks/questions, on which to synthesize shared/supervised judgments.

Textbook and teaching resource

Slides, references to online tutorials…

Semester

second semester

Assessment method

presentation to the class of the gestural strategies and their rationale selected, with respect to the assigned problem solving.

Production of a class didactic film summary.

Active presence in class is valid, exempt from voting

Office hours

by appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING