



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Valutazione e Trattamento Integrato della Spalla Dolorosa

2324-3-I0201D032

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#### Aims

learning strategies for the patient with shoulder pain.

#### Contents

One session of 7 hours, concept of evaluation and treatment of shoulder pain will be presented.

#### Detailed program

Functional Anatomy - Biomechanics and arthrokinematics of the shoulder (joints: glenohumeral, sub-acromial, scapulo-thoracic, acromio-clavicular, sterno-clavicular);

Principles of pathology and pathogenesis of the syndromes of conflict and instability according to the different schools of thought (Kinetic Control, Maitland, Mc Connel, Mezieres).

Principles of treatment according to the aforementioned schools of thought.

#### 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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