



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### **Approccio Riabilitativo al Paziente con Ictus Cerebrale Acuto, Preparazione al Cammino**

2324-2-I0201D079

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#### **Aims**

develop neurophysiological and biomechanical knowledge to identify the priorities for intervention on a subject with potential for recovery of gait function.

Experiment with manual skills to facilitate muscle activations necessary for the execution of the main phases of the gait.

Develop skills to guide the journey in its dynamics.

#### **Contents**

**Theoretical-practical course on the evaluation of the main functional deficits of the hemiplegic gait and on the practice of some significant therapeutic exercises for recovery**

#### **Detailed program**

introduction

tripartite motor control model of locomotion

gait cycle and foot function

practical exercise

- «Sit to stand» passage with reinforcement of the hemiplegic limb extensor pattern.

evocation of chain and multikinetic muscle activities (from the fifth finger abductor to the hip and core stabilizers:

- Neuromodulation of the lower limb structures in the proximal distal direction
- Monopodal load transfer to the less affected limb / hemiplegic limb in lateral direction
- Evocation of first anterior step with less affected limb and hemiplegic limb
- Release (pre swing) and recovery of the load on the affected lower limb placed in hind step, facilitation of the thrust phase of the same
  - Dynamic gait facilitation with scapular key points

## **Prerequisites**

Knowledge of gait kinesiology and its clinical evaluation

## **Teaching form**

Frontal lesson and work in pairs – supervision in small groups

## **Textbook and teaching resource**

Bobath Concept: Theory and Clinical Practice in Neurological Rehabilitation 10 lug 2009

di Sue Raine),? Linzi Meadows Mary Lynch -Ellerington

Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation – 1 dic 2009

di Donald A. Neumann PhD PT FAPTA

## **Semester**

annual

## **Assessment method**

**Frequency**

does not assign a vote

**Office hours**

by appointment

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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