



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Assessment and Rehabilitation of Anterior Knee Pain

2425-3-I0201D150

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#### Aims

- recognizing the typical clinical signs of the disease, evaluate the patellar position at rest and during the contraction in open and closed kinetic chain.
- learn the concept of active Q angle and the ankle and hip influence on patellofemoral sd.
- carry out a manual therapy treatment of patellar medialization and tibial rotation correction .
- recognize any postural or peripheral nervous system's dysfunction

#### Contents

- recognizing the typical clinical signs of the disease, evaluate the patellar position at rest and during the contraction in open and closed kinetic chain.
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#### Detailed program

Functional anatomy

Knee and lower limb Biomechanics

patellofemoral etiopathogenesis

Assessment of the patient affected by this disease

Practical demonstration and teaching of manual techniques

Practical demonstration and teaching of postures, improvement of performance-control of movement and stability, neurodynamics

## **Prerequisites**

no

## **Teaching form**

Frontal teaching 2h

interactive teaching - clinical practice activity 5h

## **Textbook and teaching resource**

handouts and slides

## **Semester**

secon semester

## **Assessment method**

Group Project work

## **Office hours**

by appointment

antonella.martinelli@unimib.it

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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