UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Rehabilitative Approach To Pain

2425-3-I0201D143-I0201D223M

Aims

-to recognize the different pain types and mechanisms

-to -to understand the principles underpinning exercise physiology IASP

guidelines in musculoskeletal assessment

-to understand the principles underpinning exercise physiology

Contents

-different pain types according to IASP definition

-different pain mechanisms according to IASP definition

-integration of clinical sensory testing in musculoskeletal assessment

- implications for rehabilitation

-strength traning programming

Detailed program

-assessment and management in musculoskeletal rehabilitation

-quantitative and clinical sensory tests in rehabilitation

-principles of exercise physiology and integration of strength training in rehabilitation

-stratified model of care

Prerequisites

no

Teaching form

Frontal teaching

Textbook and teaching resource

Handouts and slides
Beales D, Mitchell T, Moloney N, Rabey M, Ng W, Rebbeck T. Masterclass: A pragmatic approach to pain sensitivity in people with musculoskeletal disorders and implications for clinical management for musculoskeletal clinicians. Musculoskelet Sci Pract. 2021 Feb;51:102221. doi: 10.1016/j.msksp.2020.102221. Epub 2020 Jul 18. PMID: 32972875.

Zideman DA, Derman W, Hainline B, Moseley GL, Orchard J, Pluim BM, Siebert CH, Turner JA. Management of Pain in Elite Athletes: Identified Gaps in Knowledge and Future Research Directions. Clin J Sport Med. 2018 Sep;28(5):485-489. doi: 10.1097/JSM.0000000000000618. PMID: 29952840.

Maestroni L, Read P, Bishop C, Papadopoulos K, Suchomel TJ, Comfort P, Turner A. The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. Sports Med. 2020 Aug;50(8):1431-1450. doi: 10.1007/s40279-020-01309-5. PMID: 32564299.

Maestroni L, Read P, Bishop C, Turner A. Strength and Power Training in Rehabilitation: Underpinning Principles and Practical Strategies to Return Athletes to High Performance. Sports Med. 2020 Feb;50(2):239-252. doi: 10.1007/s40279-019-01195-6. PMID: 31559567.

Semester

1nd semester

Assessment method

Descibed in the subjects' syllabus

Office hours

by appointment
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Sustainable Development Goals

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