

## SYLLABUS DEL CORSO

### **Valutazione e Trattamento Integrato della Spalla Dolorosa**

2425-3-I0201D032

---

#### **Aims**

learning strategies for the patient with shoulder pain.

#### **Contents**

concept of assessment 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**

no

## **Teaching form**

Frontal teaching 2h  
interactive teaching - clinical practice activity 5h

## **Textbook and teaching resource**

handouts and slides

## **Semester**

second semester

## **Assessment method**

Group Project work

## **Office hours**

by appointment  
[antonella.martinelli@unimib.it](mailto:antonella.martinelli@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

---