

UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Muscle-Tendon Injuries in Sport

2425-2-I0201D152

Aims

Muscle injuries and tendinopathies are the main causes of injury in the athlete. The goal of this course is to give students the basics of managing these conditions, from assessment in the acute phase to return to sport.

Contents

- The sports physical therapist and the management of the all-around athlete
- Etiopathogenesis and classification of muscle injuries
- Differential diagnosis and evaluation
- Rehabilitation intervention strategies in muscle injuries
- · Complications in muscle injuries
- Introduction to tendinopathy and Continuum Model
- Therapeutic exercise in tendinopathies

Detailed program

Practical part:

musculoskeletal assessment in the sports patient load progression in therapeutic exercise we test our athletes

Prerequisites
no
Teaching form
Frontal teaching 2h interactive teaching - clinical practice activity 4h
Textbook and teaching resource
handouts and slides
Semester
second semester
Assessment method
Group Project work
Office hours
by appointement
Sustainable Development Goals
GOOD HEALTH AND WELL-BEING QUALITY EDUCATION GENDER EQUALITY