UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Rehabilitative Management of The Stroke Patient, Getting Ready To Walk

2425-2-I0201D079

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

- Monopodalic 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 teaching 2h
interactive teaching - clinical practice activity 4h

Textbook and teaching resource

Handouts and slides

Semester

second semester

Assessment method

Grup Project work

Office hours

by appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING