



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Sex Andgender in Rehabilitation: Basics and Clinical Applications

2425-3-I0201D160

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#### Aims

the morphological, biochemical, physiological and social assumptions that contribute to determining the health status of individuals, including from a gender perspective;

#### Contents

Gender medicine, how it came about and what it is about  
Basic concepts of gender rehabilitation applied to rehabilitation.  
The individual rehabilitation project and the gender rehabilitation

#### Detailed program

implement skills to foster a multidimensional clinical approach according to a comprehensive view of the concept of health; promote awareness of gender differences in the medical field;  
analyze and evaluate diseases with a medical and scientific approach from a gender perspective to improve not only knowledge about the various aspects underlying differences but also the appropriateness of health intervention;

analyze and evaluate onset, symptoms, and effectiveness of treatments remembering how for the same disease, different problems may occur in men and women.

Pain and prevention

## Prerequisites

no

## Teaching form

Frontal teaching 2h

interactive teaching - clinical practice activity 5h

## Textbook and teaching resource

Klein, S. L., Schiebinger, L., Stefanick, M. L., Cahill, L., Danska, J., De Vries, G. J., ... & Zucker, I. (2015). Sex inclusion in basic research drives discovery. *Proceedings of the National Academy of Sciences*, 112(17), 5257-5258.

Soldin, O. P., & Mattison, D. R. (2009). Sex differences in pharmacokinetics and pharmacodynamics. *Clinical pharmacokinetics*, 48(3), 143-157.

Fadiran, E. O., & Zhang, L. (2014). Effects of sex differences in the pharmacokinetics of drugs and their impact on the safety of medicines in women. In *Medicines for women* (pp. 41-68). Cham: Springer International Publishing.

Bartosch, P. (2023). Frailty and its relationship with osteoporosis related outcomes, mortality and visual perception of health in older community-dwelling women. Lund University, Faculty of Medicine.

Clarke, B. L., & Khosla, S. (2010). Pathophysiology of Age-Related Bone Loss in Men. *Radiol Clin North Am*, 48(3), 483-95.

<https://www.fondazioneosteoporosi.it/>

<https://www.reumatismo.ch/reumatismo-dalla-a-alla-z/osteoporosi>

Porter, S. (2014). *Tidy's-Manuale di Fisioterapia*. Edi Ermes. Cap 27. Fisioterapia per la salute della donna.

Ainslie, T. (2020). *Guida alla fisioterapia. Valutazione e trattamento*. Cap. 11 Ostetricia e ginecologia

## Semester

second semester

## Assessment method

Group Project work

## Office hours

by appointment

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## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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