



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Posturologia Gnatologica e Sportiva

2425-2-H4601D052

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#### Aims

To learn the basic skills to approach the athlete in an interdisciplinary way, with particular attention to the functional, traumatological, management of the oral ecosystem and performance

#### Contents

The functional and metabolic aspects characteristic of the stresses to which an athlete is subjected are analyzed, from the traumatological, gnathological, preventive, and performance point of view.

#### Detailed program

Sports history, clinical examination, stomatognathic function, joint pathology, muscular disharmony, descending and extra-abnormal interferences, instrumental evaluations, mouthguards, bite, management of the oral ecosystem, hydration and nutrition, performance aspects, management of the patient with facial trauma

#### Prerequisites

#### Teaching form

lecture with slides

### **Textbook and teaching resource**

Odontoiatria e Sport, E. Spinass et al. , Edi Ermes

### **Semester**

Second semester

### **Assessment method**

Constant and participatory attendance of the course.

### **Office hours**

Thursday morning and Friday afternoon

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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