



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Introduzione alla Medicina Fisica e Riabilitativa

2425-5-H4101D382

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#### Aims

To understand the fundamentals and areas of activity of rehabilitative medicine, including in relation to gender-specific considerations

#### Contents

THE DISABLING CONSEQUENCES OF NEUROLOGICAL DISORDERS  
THE DISABLING CONSEQUENCES OF MUSCULOSKELETAL DISORDERS  
THE DISABLING CONSEQUENCES OF OTHER COMMON CLINICAL CONDITIONS DURING THE SPAN

#### Detailed program

The cultural background of rehabilitation  
The biological and clinical background of rehabilitation  
Overview of the main acute traumatic and non-traumatic neurological disorders .Traumatic brain injury. Stroke.Spinal cord injury . Multiple sclerosis . Rehabilitation of people with Parkinson's disease .Chronic progressive neurological disorders (with special attention to Amyotrophic Lateral Sclerosis) . overview of the main acute traumatic musculoskeletal disorders: epidemiology And emerging disability Amputations . Hip fractures Sport injuries Degenerative and inflammatory joint disorders, fibromyalgia and osteoporosis. Spinal deformities.  
Principles of management of acute and chronic pain: the example of low back pain. Balance troubles and the risk for falls in the elderly Chronic obstructive pulmonary disease – Cardiac rehabilitation for people with cardiovascular diseases. Cancer diseases. Disabling congenital and acquired disorders in the developmental age. Essential methods of assessing patient's needs . Rehabilitation setting and the concept of interdisciplinary care. Effectiveness of rehabilitation interventions .

Ethical implication of working with people with disabilities

### **Prerequisites**

from the 5th year of the Course

### **Teaching form**

lectures

### **Textbook and teaching resource**

suggested during the Course

### **Semester**

annual

### **Assessment method**

presence at lectures

### **Office hours**

by appointment  
cecilia.perin@unimib.it

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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