



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### **L'Esercizio Fisico come Medicina nella Gestione delle Malattie in Tutte le Fasi della Vita**

2526-5-H4101D397

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#### **Aims**

"Understanding the role of physical therapy in the management of multimorbidities, from childhood to old age"

#### **Contents**

the effect of exercise on the physical and mental health of people with multiple chronic conditions, for example osteoarthritis of the knee or hip, hypertension, type 2 diabetes, depression, heart failure, ischemic heart disease and chronic obstructive pulmonary disease.

#### **Detailed program**

"The role of physiotherapy in pediatric conditions that cause reduced mobility and osteo-muscular complications. The role of pelvic floor physiotherapy during pregnancy and postpartum. The role of physiotherapy in osteoarthritis, depression, and type 2 diabetes. Prehabilitation in the surgical field."

#### **Prerequisites**

knowledge of medical pathology

## **Teaching form**

lectures and interactive teaching

## **Textbook and teaching resource**

manual from the lessons

## **Semester**

to be agreed with the Teacher

## **Assessment method**

Attendance to the Course

## **Office hours**

by appointment with the Teacher  
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## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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