



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Rehabilitative Approach To Pain

2526-3-I0201D143-I0201D223M

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#### Aims

- Recognize the different types of pain and mechanisms
- Apply the IASP descriptions within the assessment process
- Understand the principles of exercise physiology

#### Contents

- Different types of pain according to the IASP definition
- Different pain mechanisms according to the IASP definition
- Clinical assessment through clinical sensory testing
- Implications for rehabilitation
- Dosage for strength exercise prescription

#### Detailed program

- Assessment hypotheses and planning of the rehabilitation program in musculoskeletal pain
- Use of quantitative and clinical sensory tests in rehabilitation assessment

Principles of exercise physiology for integrating strength programs into rehabilitation

The individual and multidimensional rehabilitation plan

## **Prerequisites**

none

## **Teaching form**

In-person classroom teaching

## **Textbook and teaching resource**

Slides

Beales D, Mitchell T, Moloney N, Rabey M, Ng W, Rebbeck T. Masterclass: A pragmatic approach to pain sensitivity in people with musculoskeletal disorders and implications for clinical management for musculoskeletal clinicians. *Musculoskelet Sci Pract*. 2021 Feb;51:102221. doi: 10.1016/j.msksp.2020.102221. Epub 2020 Jul 18. PMID: 32972875.

Zideman DA, Derman W, Hainline B, Moseley GL, Orchard J, Pluim BM, Siebert CH, Turner JA. Management of Pain in Elite Athletes: Identified Gaps in Knowledge and Future Research Directions. *Clin J Sport Med*. 2018 Sep;28(5):485-489. doi: 10.1097/JSM.0000000000000618. PMID: 29952840.

Maestroni L, Read P, Bishop C, Papadopoulos K, Suchomel TJ, Comfort P, Turner A. The Benefits of Strength Training on Musculoskeletal System Health: Practical Applications for Interdisciplinary Care. *Sports Med*. 2020 Aug;50(8):1431-1450. doi: 10.1007/s40279-020-01309-5. PMID: 32564299.

Maestroni L, Read P, Bishop C, Turner A. Strength and Power Training in Rehabilitation: Underpinning Principles and Practical Strategies to Return Athletes to High Performance. *Sports Med*. 2020 Feb;50(2):239-252. doi: 10.1007/s40279-019-01195-6. PMID: 31559567.

## **Semester**

First semester

## **Assessment method**

Outlined in the course syllabus

## **Office hours**

By appointment: [luca.maestroni1@unimib.it](mailto:luca.maestroni1@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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