UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Rehabilitative Approach To Pain

2526-3-I0201D143-I0201D223M

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

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Sustainable Development Goals

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