UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Pelvic Floor Rehabilitation

2526-3-I0201D149-I0201D181M

Aims

Understand the anatomical, physiological, and clinical elements of pelvic floor pathology. Establish assessment and treatment plans.

- Analyze and evaluate pathologies with a medical and scientific approach from a gender perspective to improve not only the knowledge of the various aspects underlying differences but also the appropriateness of health interventions. This aims to encourage greater attention to the collection of anamnesis data, instrumental and laboratory tests, and the preparation of medical records and reports in relation to the patient's gender.
- Analyze and evaluate the onset, symptoms, and effectiveness of treatments, keeping in mind that for the same disease, different issues may arise in men and women.

Contents

Anatomy of the pelvic floor in both sexes. Physiology of the sphincters. Semiotic and clinical characteristics of pelvi-perineal dysfunctions. Principles of therapy.

Detailed program

URINARY INCONTINENCE
º Prevalence
º Epidemiology
º Etiology and classification of urinary incontinence
º Risk factors for urinary incontinence

OVERVIEW OF NEUROLOGICAL URINARY INCONTINENCE
º Bladder dysfunction in multiple sclerosis
º Urinary dysfunction in Parkinson's disease
º Urinary dysfunction in cerebrovascular diseases
º Cauda equina syndrome

URINARY RETENTION
º Prevalence
º Epidemiology
º Etiology and classification
º Risk factors
º Catheterization

INTERSTITIAL CYSTITIS AND RECURRENT CYSTITIS

IMAGING IN PELVIC FLOOR DYSFUNCTIONS

PROLAPSE
º Prevalence
º Epidemiology
º Etiology and classification
º Risk factors
º Evaluation and rehabilitative treatment

FECAL INCONTINENCE
º Prevalence
º Epidemiology
º Etiology and classification
º Risk factors
º Physiotherapeutic management

CONSTIPATION
º Prevalence
º Epidemiology
º Etiology and classification
º Risk factors
º Abdominal massage
º Pharmacology in constipation
º Laxatives

MALE URINARY DYSFUNCTIONS
º Prevalence
º Epidemiology
º Etiology and classification of urinary incontinence
º Risk factors
º Evaluation and rehabilitative treatment

SURGERY FOR MALE URINARY DYSFUNCTIONS
º TURP (Transurethral Resection of the Prostate)
º Traditional and robotic radical prostatectomy
º Artificial sphincter
º Bulking agents
º Extraurethral occlusive balloons
º Sling procedures

COMMON AND INNOVATIVE PHYSICAL THERAPIES
TECHNOLOGIES - LABORATORIES (OVERVIEW)

Prerequisites

Knowledge of anatomy and physiology. Knowledge of the autonomic nervous system.

Teaching form

lesson in attendance

Textbook and teaching resource

Handouts

Semester

2nd semester

Assessment method

Described in the subject's syllabus

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING