UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Presentation of The Global Postural Re-Education (RPG)

2526-2-I0201D066

Aims

At the end of the course, the student is expected to:

understand the theoretical foundations of the Global Postural Re-education (GPR) method, the main elements of assessment and functional diagnosis, the principles guiding the treatment of musculoskeletal disorders, and the main contraindications to treatment.
(DD 1)

apply the principles of the GPR method in planning rehabilitative treatment, through the analysis of clinical cases and the guided execution of assessment and therapeutic exercises.
(DD 2)

Contents

The course aims to provide participants with the basic concepts of the Global Postural Reeducation (RPG).

Detailed program

General principles of the RPG method

- Causality, individuality and global aspects

- Inhibitive proprioceptive system

- Muscular physiology and pathophysiology: static function and dynamic function.

Prerequisites

no

Teaching form

Frontal teaching 2h
interactive teaching - clinical practice activity 5h

Textbook and teaching resource

handouts and slides

Semester

second semester

Assessment method

Group Project work

Office hours

by appointment
antonella.martinelli@unimib.it

Sustainable Development Goals

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