



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Presentazione della Rieducazione Posturale Globale (RPG)

2526-2-I0201D066

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#### 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

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## **Sustainable Development Goals**

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

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