UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Assessment and Treatment of Whiplash

2526-2-I0201D070

Aims

Improvement of knowledge on pathophysiology, biomechanics and relationship with the complex framework of detectable signs and symptoms.

Contents

Describe whiplash trauma and systemic effects. Explain evaluation and intervention methods
Inform students about the multi-system damage inflicted by whiplash trauma. To exemplify methods of investigation, damage assessment, and various intervention protocols.

Detailed program

aspects of biomechanics and pathophysiology of the cervical spine pathophysiology of whiplash, clinic, recovery times, treatment hypotheses (bibliographic review) treatment hypotheses:

- weighted joint movements

- myofascial inhibition techniques (spray and stretching, muscle energy techniques, positional release ..)

Prerequisites

No

Teaching form

Frontal teaching 2h
interactive teaching - clinical practice activity 4h

Textbook and teaching resource

Research in scientific literature
handouts and slides

Semester

Second semester

Assessment method

Set of final questions to reaffirm the main knowledge acquired.
Grup Project work

Office hours

by appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING