



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Evaluation and Treatment of The Painful Shoulder

2526-3-I0201D032

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#### Aims

To deepen knowledge of clinical framing strategies, functional assessment, and rehabilitative treatment of patients with shoulder pain.

(DD 1)

To apply acquired knowledge to design and implement a physiotherapy treatment plan for patients with shoulder pain, through the analysis and management of clinical cases.

(DD 2)

#### Contents

Concepts related to the evaluation and integrated treatment of painful shoulder according to scientific knowledge and clinical competence.

#### Detailed program

Functional Anatomy - Biomechanics and Arthrokinematics of the shoulder (glenohumeral, subacromial, scapulothoracic, acromioclavicular, sternoclavicular joints);

the role of the cuff and its activity in different positions.

Concepts of tendon adaptability, the continuum model and the three tendon stages.

Principles of pathological anatomy and pathogenetic mechanisms of cuff tendinopathy

Principles of treatment according to scientific evidence and clinical competence.

## **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

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