UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Evalutation and Treatment of The Painful Shoulder

2526-3-I0201D032

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