UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

## Assessment and Rehabilitation of Anterior Knee Pain

**2526-3-I0201D150**

### Aims

- recognizing the typical clinical signs of the disease, evaluate the patellar position at rest and during the contraction in open and closed kinetic chain.
- learn the concept of active Q angle and the ankle and hip influence on patellofemoral sd.
- carry out a manual therapy treatment of patellar medialization and tibial rotation correction .
- recognize any postural or peripheral nervous system's dysfunction

### Contents

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### Detailed program

Functional anatomy

Knee and lower limb Biomechanics

patellofemoral etiopathogenesis

Assessment of the patient affected by this desease

Practical demonstration and teaching of manual techniques

Practical demonstration and teaching of postures, improvement of performance-control of movement and stability, neurodynamics

## Prerequisites

no

## Teaching form

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

## Textbook and teaching resource

handouts and slides

## Semester

secon 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