



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Muscle-Tendon Injuries in Sport

2526-2-I0201D152

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#### Aims

Muscle injuries and tendinopathies are the main causes of injury in the athlete. The goal of this course is to give students the basics of managing these conditions, from assessment in the acute phase to return to sport.

#### Contents

- The sports physical therapist and the management of the all-around athlete
- Etiopathogenesis and classification of muscle injuries
- Differential diagnosis and evaluation
- Rehabilitation intervention strategies in muscle injuries
- Complications in muscle injuries
- Introduction to tendinopathy and Continuum Model
- Therapeutic exercise in tendinopathies

#### Detailed program

Practical part:  
musculoskeletal assessment in the sports patient  
load progression in therapeutic exercise  
we test our athletes

## **Prerequisites**

no

## **Teaching form**

Frontal teaching 2h

interactive teaching - clinical practice activity 4h

## **Textbook and teaching resource**

handouts and slides

## **Semester**

second semester

## **Assessment method**

Group Project work

## **Office hours**

by appointment

## **Sustainable Development Goals**

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

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