UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Exercise Medicine Along The Life: From Childhood To Old Age

2627-5-H4101D397

Aims

"Understanding the role of physical therapy in the management of multimorbidities, from childhood to old age"

Contents

the effect of exercise on the physical and mental health of people with multiple chronic conditions, for example osteoarthritis of the knee or hip, hypertension, type 2 diabetes, depression, heart failure, ischemic heart disease and chronic obstructive pulmonary disease.

Detailed program

"The role of physiotherapy in pediatric conditions that cause reduced mobility and osteo-muscular complications. The role of pelvic floor physiotherapy during pregnancy and postpartum. The role of physiotherapy in osteoarthritis, depression, and type 2 diabetes. Prehabilitation in the surgical field."

Prerequisites

knowldge of medical pathology

Teaching form

lectures and intercative teaching

Textbook and teaching resource

manual from the lessons

Semester

to be agreed with the Teacher

Assessment method

Attendance to the Course

Office hours

by appointmnet with the Teacher
daniele.piscitelli@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION