



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Assessment and Treatment of Whiplash

2627-2-I0201D070

---

#### Aims

Improvement of knowledge on pathophysiology, biomechanics and relationship with the complex framework of detectable signs and symptoms.

#### Contents

Describe whiplash trauma and systemic effects. Explain evaluation and intervention methods  
Inform students about the multi-system damage inflicted by whiplash trauma. To exemplify methods of investigation, damage assessment, and various intervention protocols.

#### Detailed program

aspects of biomechanics and pathophysiology of the cervical spine pathophysiology of whiplash, clinic, recovery times, treatment hypotheses (bibliographic review) treatment hypotheses:

- weighted joint movements
- myofascial inhibition techniques (spray and stretching, muscle energy techniques, positional release ..)

#### Prerequisites

No

## **Teaching form**

Frontal teaching 2h  
interactive teaching - clinical practice activity 4h

## **Textbook and teaching resource**

Research in scientific literature  
handouts and slides

## **Semester**

Second semester

## **Assessment method**

Set of final questions to reaffirm the main knowledge acquired.  
Grup Project work

## **Office hours**

by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

---