UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Muscle-Tendon Injuries in Sport

2627-2-I0201D152

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 appointement

Sustainable Development Goals

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