

7) Guidelines

Presentation of the main guidelines for physiotherapy treatment of patients with lumbopelvic dysfunction

8) Conclusions

Final summary on low back pain management: plenary discussion with clinical reasoning

THE CERVICAL

b. Laslett Sacroiliac Test

Lumbar traction

c. Traction belt

Demonstration of assessment and treatment according to McKenzie

d. Directional preference

e. Simulation of disc dysfunction treatment

Instability test

f. Instability test

g. PIT

h. PLE

i. ASLR

j. Bridge tests

Demonstration of motor control exercises

k. ASLR

l. ~~Staircase 100 steps 10 seconds 10 seconds 10 seconds 10 seconds~~

m. Dancer

Neurodynamics

n. Slump test

o. ULTT 1

Cervical spine assessments (Neck pain with mobility and motor control deficits)

p. Klein test

q. Upper cervical flexion test

r. Cervical Flexion-Rotation test

s. Cranialcervical Flexion test

Mobilisation, Cervical Spine Manual Therapy and Exercises

t. Demonstration of assessment and treatment according to McKenzie

u. Cervical assessment

v. Cervical lateral glide

w. Pressure biofeedback

x. Wall

Cervical spine assessments (Neck pain with headache and radiating pain)

y. Spurling test

	<p>University of Florence. Master's degree in Rehabilitation of Musculoskeletal Disorders from the University of Genoa. Tutor of clinical practice for the Master's Degree Course in Rehabilitation of Musculoskeletal Disorders. Owner and General Manager of LOFT Medica, physiotherapy and rehabilitation centre in Lodi. E-mail: marta.bonandrini@gmail.com</p>
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Objectives

HAND REHABILITATION AND SPLINTING TECHNIQUES (1 ECTS)

PT Viviana Ferrari	<p>Since 1998 she has been a physiotherapist at Humanitas Research Hospital, where she has been involved in hand rehabilitation in outpatient setting, mainly post-surgical. She has attended the following training courses: Global Active Stretching; lymphatic drainage according to the Vodder method; resistance band exercises; elements of hand surgery and rehabilitation; evaluation and treatment of adult hemiplegic patients according to the Bobath method.</p> <p>E-mail: viviana.ferrari@humanitas.it</p>
Objectives	<p>The objectives of the course on hand rehabilitation and splinting techniques are: 1) provide basic knowledge useful for correctly managing the post-surgical and conservative rehabilitation treatment of hand pathologies. 2) provide basic splinting techniques necessary to support the treatment of the hand.</p>
Teaching methods	<p>Each lesson consists of 1 hour-long lecture and 1 hour-long practical workshop with tutorials related to the topics covered.</p>
Teaching material Content	<p>Slides presented during lecture, available to physiotherapy students on the LMS platform, course notes</p>

Prof. Giuseppe Massazza	Full Professor in Physical Medicine and Rehabilitation at the University of Turin and Member of the Open Faculty at Humanitas University Director of the Complex Structure in Physical Medicine and Rehabilitation Director of the Department of Orthopaedics, Traumatology and Rehabilitation at the AOU Città della Salute e della Scienza of Turin E-mail: giuseppe.massazza@hunimed.eu giuseppe.massazza@unito.it
Objectives	Provide rehabilitation medical knowledge necessary to complement what has been taught in the previous modules. <ul style="list-style-type: none">• Through the presentation of clinical cases, students will learn the value of anamnesis in the rehabilitation field, physical examination, and diagnosis and differential diagnosis, in order to identify the state of disability and the therapeutic approach to be implemented according to the patient's history.• Emphasis will be placed on how to identify the appropriate Diagnostic and Therapeutic Care Pathway (DTPC) and how to identify clinical alerts useful

5) Elements of Bandaging Techniques

Introduction to bandaging