

## BSc in Physiotherapy

**INTEGRADED COURSE TITLE:** Professional Workshop

**NUMBER OF ECTS CREDITS:** 1

**SSD:** MED/48

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### **PREREQUISITES**

To fully understand the course concepts the knowledge of the basic sciences is necessary so muscle-skeletal physiology and anatomy. These are fundamental to learn properly how to use the palpation to recognize tissue differences.

### **LEARNING OBJECTIVES**

General Objective: Enhance the knowledge about anatomy, muscular function and physiology and palpation to properly use these tools to perform correctly a physiotherapy assessment.

Specific objectives: Promote the different palpation technique to properly recognize the different tissues. Promote usage of correct palpation in order to perform a specific physical therapy evaluation and treatment.

### **LEARNING OUTCOMES**

At the end of the course the student is required to know:

- Know and use the different techniques of bone palpation
- Know and use the different techniques of muscle palpation
- Know and use anatomical findings for evaluation and treatment

### **COURSE SYLLABUS**

- *Theoretical foundations related to palpation*
- *Contextualization of palpation in assessment and treatment maneuvers*
- *Reliability of intra- and inter-examiner palpation*
- *Bone and muscle palpation lower limb*
- *Bony and muscular palpation upper limb*
- *Bone and muscle palpation lumbar, thoracic, and cervical spine*

### **COURSE STRUCTURE**

The teaching is organized in lectures and practical theoretical exercises (25 hours). Attendance: at least 75% of the course .

### **COURSE GRADE DETERMINATION**



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The verification of the preparation of the students will take place through an oral test and a practical test.

### **READING MATERIALS**

**Netter** - Atlante di anatomia umana Libro di Frank H. Netter

**Muscles** testing and function with posture and pain. F.P. Kendal et al.