

## BSc in Physiotherapy

**INTEGRADED COURSE TITLE:** Seminar Activities

**NUMBER OF ECTS CREDITS:** 2

**SSD:** MED/48

**PROFESSORS:** Lucilla Gaddini  
Luca Conciatori

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### **PREREQUISITES**

Prof.ssa Gaddini

Knowledge of anatomy and musculoskeletal physiology of the trunk and lower limbs, basic knowledge of neuroanatomy and physiology of the Central and Peripheral Nervous System, basic knowledge of anatomy and physiology of the urinary, genital and gastrointestinal systems.

Prof. Conciatori

Knowledge of the main musculoskeletal pathologies and appropriate rehabilitation paths according to EBM.

### **LEARNING OBJECTIVES**

Prof.ssa Gaddini

*General Objective:* Describe and understand the anatomy and physiology of the pelvic floor and pelvis. Understand how pelvic floor activity is connected to pelvic viscera functions. Know the main urologic, gynaecologic and colon-proctologic dysfunctions. Appropriately incorporate the pelvic floor into history and physical exam during evaluations. Identify red flags that warrant a referral back to the physician.

*Specific objectives:* Demonstrate safe techniques for evaluating, treating and the role of Therapeutic Exercise.

Prof. Conciatori

*General Objective:* Being able to conduct functional assessments using different kind of equipment. Being able to understand data in order to develop a rehabilitation plan tailored to the patient's actual needs. Describe main common pathologies in the sports world.

*Specific Objectives:* "Demonstrate safe and valid techniques for evaluating, treating and the role of Therapeutic Exercise in athletic patients with musculoskeletal dysfunctions."

### **LEARNING OUTCOMES**

Prof.ssa Gaddini

At the end of the course the student will be able to:

- Identify the muscle layers and specific muscles of the pelvic floor



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- List the pelvic floor muscle functions
- describe pelvic floor muscle evaluation techniques
- list appropriate outcome measure tools to assess signs and symptoms of pelvic floor disfunctions
- list indications, precautions, contraindications for pelvic floor examination and treatment
- identify the main types pelvic floor dysfunctions and behavioural treatment options available to the physical therapist.

#### Prof. Conciatori

*At the end of the course the student will be able to:*

- Be familiar with the most common pathologies in the field of sports physiotherapy.
- To understand the assessment tools that a sports physiotherapist can utilize
- To understand the importance of objective measurement and the usefulness of data in the rehabilitation process
- To design a rehabilitation plan based on functional criteria and the biopsychosocial model, with the goal of let the patient return to sport."

### **SYLLABUS**

#### **Syllabus Prof.ssa Gaddini**

- Musculo-skeletal anatomy of pelvis
- Pelvic organs anatomy
- Pelvic floor physiology
- Urinary, sexual and defaecation physiology outlines
- Pelvic floor dysfunctions: signs and symptoms
- Assessment of patient with pelvi-perineal dysfunction: history, physical examination and functional assessment. Outcome evaluation tools.
- Choice of Rehabilitative outcome, modalities and tools suitable to the patient
- Awareness, contraction and relaxation of pelvic floor muscles practical exercise session

#### **Syllabus Prof. Rotatori**

- Epidemiology of the main musculoskeletal pathologies in sports physiotherapy
- The importance of objective evaluation
- The use of evaluation tools
- Functional evaluation of the sports patient
- Return to sport: state of the art of scientific literature
- Creation of a rehabilitation path based on functional criteria

### **COURSE STRUCTURE**

The teaching is organized into 20 hours of lectures and theoretical and practical exercises.

### **COURSE GRADE DETERMINATION**

The exam will include a written test with multiple choice questions.

### **READING MATERIALS**

Prof.ssa Gaddini

Evidence-Based Physical Therapy for the Pelvic Floor – Kari Bo et al., 2023

Incontinenza urinaria femminile. Manuale per la riabilitazione – Giraud e Lamberti, 2021

Il Bignami della riabilitazione Uro-Ginecologica – Paolo Di Benedetto, 2016

Riabilitazione del Pavimento Pelvico – Arianna Bortolami, 2009



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Prof. Conciatori

Clinical Sport Medicine: Injuries, Vol 1. McGraw-Hill Education

Clinical Sport Medicine: The Medicine of Exercise. McGraw-Hill Education

Effetti placebo e nocebo. Dalla fisiologia alla clinica. Fabrizio Benedetti

Chinesiologia del sistema muscolo scheletrico. Fondamenti per la  
riabilitazione. Piccin-Nuova Libreria

Legamento crociato anteriore. Dalle basi teoriche all'approccio evidence-based: un percorso  
guidato dall'infortunio al ritorno allo sport. Fisioscience