

PREPARARE IL TEST D'INGRESSO

Argomenti:

Anatomia, biomeccanica e fisiologia del sistema muscoloscheletrico.

Valutazione clinica muscoloscheletrica (test, patologie e ragionamento clinico).

Raccomandazioni delle linee guida delle principali patologie muscoloscheletriche (letture suggerite articoli scientifici open access):

Blanpied PR, Gross AR, Elliott JM, Devaney LL, Clewley D, Walton DM, Sparks C, Robertson EK. Neck Pain: Revision 2017. J Orthop Sports Phys Ther. 2017 Jul;47(7):A1-A83. doi: 10.2519/jospt.2017.0302. PMID: 28666405. <https://www.jospt.org/doi/10.2519/jospt.2017.0302>

Cibulka MT, Bloom NJ, Enseki KR, Macdonald CW, Woehrle J, McDonough CM. Hip Pain and Mobility Deficits-Hip Osteoarthritis: Revision 2017. J Orthop Sports Phys Ther. 2017 Jun;47(6):A1-A37. doi: 10.2519/jospt.2017.0301. PMID: 28566053. <https://www.jospt.org/doi/10.2519/jospt.2017.0301>

Martin RL, Chimenti R, Cuddeford T, Houck J, Matheson JW, McDonough CM, Paulseth S, Wukich DK, Carcia CR. Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy Revision 2018. J Orthop Sports Phys Ther. 2018 May;48(5):A1-A38. doi: 10.2519/jospt.2018.0302. PMID: 29712543. <https://www.jospt.org/doi/10.2519/jospt.2018.0302>

Erickson M, Lawrence M, Jansen CWS, Coker D, Amadio P, Cleary C. Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome. J Orthop Sports Phys Ther. 2019 May;49(5):CPG1-CPG85. doi: 10.2519/jospt.2019.0301. PMID: 31039690. <https://www.jospt.org/doi/10.2519/jospt.2019.0301>

George SZ, Fritz JM, Silfies SP, Schneider MJ, Beneciuk JM, Lentz TA, Gilliam JR, Hendren S, Norman KS. Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021. J Orthop Sports Phys Ther. 2021 Nov;51(11):CPG1-CPG60. doi: 10.2519/jospt.2021.0304. PMID: 34719942; PMCID: PMC10508241. <https://www.jospt.org/doi/10.2519/jospt.2021.0304>

Logerstedt DS, Scalzitti D, Risberg MA, Engebretsen L, Webster KE, Feller J, Snyder-Mackler L, Axe MJ, McDonough CM. Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain Revision 2017. J Orthop Sports Phys Ther. 2017 Nov;47(11):A1-A47. doi: 10.2519/jospt.2017.0303. PMID: 29089004. <https://www.jospt.org/doi/10.2519/jospt.2017.0303>

Lucado AM, Day JM, Vincent JJ, MacDermid JC, Fedorczyk J, Grewal R, Martin RL. Lateral Elbow Pain and Muscle Function Impairments. J Orthop Sports Phys Ther. 2022 Dec;52(12):CPG1-CPG111. doi: 10.2519/jospt.2022.0302. PMID: 36453071. <https://www.jospt.org/doi/10.2519/jospt.2022.0302>

Martin RL, Davenport TE, Fraser JJ, Sawdon-Bea J, Carcia CR, Carroll LA, Kivlan BR, Carreira D. Ankle Stability and Movement Coordination Impairments: Lateral Ankle Ligament Sprains Revision 2021. J Orthop Sports Phys Ther. 2021 Apr;51(4):CPG1-CPG80. doi: 10.2519/jospt.2021.0302. PMID: 33789434. <https://www.jospt.org/doi/10.2519/jospt.2021.0302>

Martin RL, Cibulka MT, Bolgla LA, Koc TA Jr, Loudon JK, Manske RC, Weiss L, Christoforetti JJ, Heiderscheit BC. Hamstring Strain Injury in Athletes. J Orthop Sports Phys Ther. 2022 Mar;52(3):CPG1-CPG44. doi: 10.2519/jospt.2022.0301. Epub 2022 Feb 14. PMID: 35164536. <https://www.jospt.org/doi/10.2519/jospt.2022.0301>

Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, Godges JJ, McClure PW. Shoulder pain and mobility deficits: adhesive capsulitis. J Orthop Sports Phys Ther. 2013 May;43(5):A1-31. doi: 10.2519/jospt.2013.0302. Epub 2013 Apr 30. PMID: 23636125. <https://www.jospt.org/doi/10.2519/jospt.2013.0302>