Master Universitario specialistico di I livello in *Fisioterapia muscoloscheletrica e reumatologica*
III edizione

PREPARAZIONE PER IL TEST DI INGRESSO

Argomenti:

Anatomia, biomeccanica e fisiologia del sistema muscoloscheletrico.

Flag system, metodologia della ricerca in fisioterapia.

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

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

1. Blanpied PR, Gross AR, Elliott JM, Devaney LL, Clewley D, Walton DM, Sparks C, Robertson EK. Neck Pain: Revision 2017: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Orthopaedic Section of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2017;47:A1–A83. doi: 10.2519/jospt.2017.0302.

2. Chimenti RL, Neville C, Houck J, Cuddeford T, Carreira D, Martin RL. Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy Revision – 2024: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health from the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2024;54:CPG1–CPG32. doi: 10.2519/jospt.2024.0302.

3. Koc, T. A., Jr, Cibulka, M., Enseki, K. R., Gentile, J. T., MacDonald, C. W., Kollmorgen, R. C., & Martin, R. L. (2025). Hip Pain and Mobility Deficits-Hip Osteoarthritis: Revision 2025. *The Journal of orthopaedic and sports physical therapy*, *55*(11), CPG1–CPG31. https://doi.org/10.2519/jospt.2025.0301.

4. Desmeules F, Roy J-S, Lafrance S, Charron M, Dubé M-O, Dupuis F, Beneciuk JM, Grimes J, Kim HM, Lamontagne M, et al. Rotator Cuff Tendinopathy Diagnosis, Nonsurgical Medical Care, and Rehabilitation: A Clinical Practice Guideline. Journal of Orthopaedic & Sports Physical Therapy. 2025;55:235–274. doi: 10.2519/jospt.2025.13182.

5. Erickson, M., Lawrence, M., Lazinski, M. J., Scott, K., & Martin, R. L. (2026). Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome: Revision 2026. *The Journal of orthopaedic and sports physical therapy*, *56*(4), CPG1–CPG79. https://doi.org/10.2519/jospt.2026.0301

6. 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: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2021;51:CPG1–CPG60. doi: 10.2519/jospt.2021.0304.

7. Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, Godges JJ, McClure P. Shoulder Pain and Mobility Deficits: Adhesive Capsulitis: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health From the Orthopaedic Section of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2013;43:A1–A31. doi: 10.2519/jospt.2013.0302.

8. 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: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Orthopaedic Section of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2017;47:A1–A47. doi: 10.2519/jospt.2017.0303.

9. Lucado AM, Day JM, Vincent JI, MacDermid JC, Fedorczyk J, Grewal R, Martin RL. Lateral Elbow Pain and Muscle Function Impairments: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health from the Academy of Hand and Upper Extremity Physical Therapy and the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2022;52:CPG1–CPG111. doi: 10.2519/jospt.2022.0302.

10. Martin RL, Cibulka MT, Bolgla LA, Koc TA, Loudon JK, Manske RC, Weiss L, Christoforetti JJ, Heiderscheit BC. Hamstring Strain Injury in Athletes: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy and the American Academy of Sports Physical Therapy of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2022;52:CPG1–CPG44. doi: 10.2519/jospt.2022.0301.

11. 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: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. Journal of Orthopaedic & Sports Physical Therapy. 2021;51:CPG1–CPG80. doi: 10.2519/jospt.2021.0302.