

1. Definire uno studio in doppio cieco
2. Eritropoietina ai fini doping

Shoulder pain is a common musculoskeletal complaint and is often associated with shoulder impingement. The annual incidence of shoulder pain is estimated to be 7% of all injuries, and is the third-most-common type of musculoskeletal pain.

COGNOME _____

NOME _____

Firma _____

Roma, 25 ottobre 2023

1. Definire studio osservazionale
2. Quali accertamenti eseguire per il rilascio dell'idoneità agonistica

Initial treatment of shoulder impingement follows a conservative plan and emphasizes rehabilitation programs as opposed to surgical interventions. Shoulder rehabilitation programs commonly focus on strengthening the muscles of the shoulder complex and, more specifically, the rotator cuff.

COGNOME _____

NOME _____

Firma _____

Roma, 25 ottobre 2023

1. Definire studio interventistico
2. Steroidi anabolizzanti ai fini doping

The rotator cuff is a primary dynamic stabilizer of the glenohumeral joint, using both eccentric and concentric contractions. The posterior rotator cuff, including teres minor and infraspinatus, works eccentrically to decelerate the arm during overhead throwing.

COGNOME _____

NOME _____

Firma _____

Roma, 25 ottobre 2023

1. Come viene eletto il Rettore
2. Quali sono le banche dati riconosciute valide per il calcolo degli indici bibliometrici

Exercises to strengthen the rotator cuff and the surrounding dynamic stabilizers of the shoulder girdle vary and include activities such as internal and external rotation, full-can lifts, and rhythmic stabilizations. Traditionally, shoulder rehabilitation programs have focused on isotonic concentric contractions.

COGNOME _____

NOME _____

Firma _____

Roma, 25 ottobre 2023

1. Quali sono gli organi di governo dell'Ateneo
2. Chi può rilasciare un certificato di idoneità non agonistico e con quali accertamenti

Common strengthening exercises typically involve movements that result in shortening the muscle length while simultaneously loading the muscles. However, recent attention has been given to eccentric exercises, which involve lengthening of the muscle during loading, for the treatment of a variety of different tendinopathies including those of the Achilles and patellar tendons.

COGNOME _____

NOME _____

Firma _____

Roma, 25 ottobre 2023