

CPD EVENT RECORD

FUNCTIONAL EXERCISE PRESCRIPTION

with Prof Eyal Lederman

Recording:
Learning
by Oneself

Prof Lederman explained the relationship of exercise to pain relief and return to function. In essence, all exercise will help to alleviate pain - it does not need to be done in a gym, nor does it need to be cunningly designed.

When it comes to restoring function, exercise needs to be specific to that function - there is very limited transferability of effect. This means that, in almost all cases, the best exercise to restore a particular function is to perform that function.

Prof Lederman also went into detail on the how exercise is best used during the different phases of tissue healing after injury, and outlined the three processes which contribute to recovery.

Chiropractic Code 2016

A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9	D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that
Justin Hedges
participated in this CPD event


S L BRUCE, APM Director

90
minutes

Learning by Oneself
Recorded

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	B Knowledge, skills and performance B1 B2 B3 B4
C Safety and quality in practice C1 C2 C3 C4 C5 C6	D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None
Communication & Consent: No

NICE Guidance:

NG193
Chronic Pain in Over 16s
Dated 7 April 2021


Academy
of PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)