

# CPD EVENT RECORD

## ACJ INSTABILITY

with Mr Ali Noorani

**Recording:**  
*Learning  
by Oneself*

### Evaluation, Reflection and Impact on Practice:

This discussion looked at the mechanisms which might cause ACJ injury and the symptoms a patient might then experience. The risks of surgery were explained, together with alternatives. Of particular interest was the finding that arthritic change is often not related to pain. Mr Noorani also explained why implants may often fail to resolve ACJ pain. Resolving instability through the use of ligament grafts was often a better (and less invasive) option.

On reflection, this adds to my awareness of the part that ACJ instability plays in shoulder pain and will be very helpful in my assessment of future patients.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

**C** Provide a good standard of clinical care and practice

C1 C2 C3 **C4** C5 **C6** C7 C8 C9

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**G** Maintain, develop and work within your professional knowledge and skills

**G1** G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

**F1** F2 F3 F4 F5 F6

**H** Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that

**David Gray**  
participated in this CPD event

  
S L BRUCE, APM Director

Date: **12/2/2023**  
**45 minutes**

**Learning by Oneself**  
**Recorded**

  
**Academy**  
of PHYSICAL MEDICINE

### Confirmation

I confirm that the figure shown accurately reflects the time spent by me on 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