

CPD EVENT RECORD

Case-Based Discussion

Live Event:
*Learning
With Others*

Summary

This case concerned a 46-year-old man, a keen fell-runner and iron-man participant, with right-sided groin pain and numbness over the thigh. He had received sports therapy and osteopathy without significant relief. His previous history included mesh surgery to repair a hernia, and imagery had revealed bilateral cam lesions of the hip, worse on the right.

Physical and neurological testing had proved unremarkable, but a number of possibilities were raised, including Gilmore's Groin, piriformis tendinopathy and a lateral cutaneous nerve problem. Several approaches were proposed. These included hip HVT to address any mechanical restrictions, gait analysis to assess whether foot mechanics could be involved, resistance band rehab exercises, counterstrain technique and treatment of the pubic tender point.

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

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
Martin Cooper
participated in this CPD event


S L BRUCE, APM Director

45
minutes

Learning with Others
Live, online discussion
14th September 2022

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: Case-Based Discussion
Communication & Consent: No


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)*

This case threw up a number of useful differentials, which can only enhance my diagnostic thinking when dealing with patients of my own. This will enhance my ability to help those patients, and the discussion also proposed a number of treatment options which could help with rehabilitation.