



**This is to certify that Martin Cooper  
watched the recording**

**The TMJ: How it affects the hamstrings**

**With Matt Wallden**

**July 12, 2023, 6:48 pm**

A handwritten signature in black ink, appearing to read "Steven Bruce".

**Steven Bruce - Director of Training**

***This amounts to 90 minutes' CPD (Learning by Oneself)***

**Confirmation:**

**I confirm that the hours shown above are a true reflection of the time devoted to this training.**

**Signed: .....**

**Martin Cooper**





## CPD SUMMARY RECORD

*(Learning by Oneself)*

**Subject:** The Effect of Physiological Load



*Evaluation, Reflection and Impact on Practice:*

This discussion looked at the multifarious components of physiological load, and the overall effect on central sensitisation. An online screening tool was also shown.

On reflection, this diagnostic approach is relevant to all patients, and I may consider using the online screening tool in the future.

**Additional Notes**  
(by attendee, as required)

<b>Osteopathic Practice Standards 2012:</b>	A3; B2, B4; C1, C2C3, C7.	
<b>Osteopathic Objective Activity:</b>		
<b>Chiropractic Code 2016:</b>	C3, C5; F1; G1.	
<b>Communication &amp; Consent:</b> No	<b>Type:</b> Recorded webinar	<b>Hours:</b> 45 minutes' Learning by Oneself