

CPD EVENT RECORD - LEARNING WITH OTHERS

POSTURAL ADAPTATION

with Robert 'Skip' George

LIVE EVENT

7th May 2025

90
minutes

Summary

A discussion with Skip George, a chiropractor and member of the Postural Restoration Institute (PRI). They discussed the background and principles of PRI, including its focus on assessing and treating postural and respiratory asymmetries to address a wide range of musculoskeletal issues. Skip explained the key concepts of PRI, such as polyarticular muscle chains, airflow management, and the importance of addressing underlying neurological and anatomical patterns rather than just treating symptoms.

NICE Guidelines:

Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

- A. Communication and patient partnership: A2, A3, A5
- B. Knowledge, skills and performance: B1, B2, B3, B4
- C. Safety and quality in practice: C1
- D. Professionalism: D10

Certification

This certificate confirms that

Joanna Christophe

participated in this CPD event



S L BRUCE, APM Director

Please note: the time shown on the certificate reflects the duration of the event. When claiming your CPD, you should ensure that you only claim for the time you were present. In the event of an audit, APM records can be used to show the time at which you logged in.

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

iListening this discussion on postural adaptation helped me reassess how I approach tri-planar motion and asymmetries in practice. I now feel more inclined to integrate respiratory assessment and polyarticular chain concepts to enhance patient outcomes and personalise rehabilitation more effectively.