

# CPD EVENT RECORD

## ROTATOR CUFF DISORDERS

with Jee Lynch, Specialist MSK Physiotherapist

**Live Event:**  
Learning  
With Others

This discussion explored the changing terminology of rotator cuff related pain, diagnostic principles, examination and rehabilitation. The role of imaging was covered and the possibility that medical reporting and clinic graphics could cause alarm, especially when such things as "full thickness tears" were described. In this regard, importance of good communication with patients emphasised. The purpose and limitations of corticosteroid injections were explained and a variety of demonstrations were provided of the techniques used.

The contribution of other professions, especially physiotherapy and orthopaedics, was outlined, but the limitations of NHS care, particularly in the current environment were also recognised.

In response to questions, the discussion also looked at frozen shoulder issues and bursitis.

### 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

**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

**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

**Catherine Oatley**

participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning with Others**

Live, online discussion  
1<sup>st</sup> February 2023

### 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: Yes**

**NICE Clinical Knowledge Summary:**

CKS: Shoulder Pain - Rotator Cuff Disorders

Dated November 2022

  
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 was a great reminder of the roles played by different professionals and by different modalities in dealing with shoulder pain. I also feel better able to advise patients in the light of the discussion, particularly about rehabilitation protocols, which can be lengthy. The techniques and principles described will help me manage my own patients recovery better.