

# CPD EVENT RECORD - LEARNING BY ONESELF

## The TMJ - How it Affects the Hamstrings

with Matt Wallden

RECORDING

90  
minutes

### Summary

This conversation delves into clinical observations, including suboccipital tension's impact on hamstring extensibility, and discusses therapeutic approaches for managing TMJ-related dysfunctions. The dialogue underscores the importance of holistic assessment and treatment in manual therapy.

NICE Guidelines: .

### Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

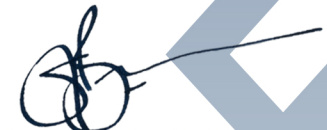
- A. Communication and patient partnership: A3
- B. Knowledge, skills and performance: B2, B4
- C. Safety and quality in practice: C1, C2, C3, C7

### 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)*