

# CPD EVENT RECORD

## BAREFOOT SHOES/IDD THERAPY

with Robin Moody and Stephen Small

**Live Event:**  
Learning  
With Others

### Summary

There were two parts to this discussion: an explanation of barefoot shoe philosophy from one practitioner, based on his experience of using them himself and advising patients on the potential benefits, and the theory behind use of IDD (Intervertebral Differential Dynamics) treatment. It was made clear that barefoot shoes were not universally successful in overcoming LEX/LBP, but that some patients might find them helpful. Various types of shoes were described, and the need to break them in gently emphasised. IDD therapy, also known as spinal decompression, was explained. The difference between IDD and conventional traction was explained, and the conditions where it could be applicable outlined. It was emphasised that IDD was of most use in chronic conditions which had been unresponsive to manual therapy.

### 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

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

**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  
**Rubina Ali**  
participated in this CPD event

  
S L BRUCE, APM Director

**45**  
minutes

**Learning with Others**  
Live, online discussion  
21<sup>st</sup> June 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: None  
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 was a helpful insight into the role of barefoot shoes, one which could be useful to my patients. The discussion on IDD will help me identify patients who might be suitable and explain how it could help them.

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