

# CPD EVENT RECORD

## SPINAL DECOMPRESSION - IDD THERAPY

with Rob Shanks

**Live Event:**  
Learning  
With Others

### Summary

This discussion and demonstration considered the effect of targeted traction using the IDD (Intervertebral Differential Dynamics) machine. The system allows the ability to vary the angle of traction, thus targeting a specific spinal segment, and also permits gentle oscillation during the process. NICE guidelines state that traction should not be offered to patients with low back pain, but that guidance is based on generalised traction. The evidence was discussed, including reference to cadaveric studies which supported the effect of targeting individual segments. Imagery is necessary prior to commencing treatment in order to identify the segment causing symptoms, and to rule out contraindications such as pars fractures. Imagery has to be correlated with clinical findings. IDD therapy can also be used for neck pain. Typically, treatment commences takes about 26 minutes, but is preceded by 10 minutes' warming of the spine and is followed by a similar period of cooling, using an ice pack. Rehab exercises are necessary to support the treatment, but the effect can be long-lasting.

### 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  
**Gemma Ricketts**  
participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning with Others**  
Live, online discussion  
24<sup>th</sup> August 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

**NICE Guidance:**

NG59: Low back pain and sciatica in over 16s:  
assessment and management

Last Updated 11 Dec 2020

  
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 discussion helped further my understanding of IDD therapy, leaving me better able to explain the benefits to patients, as well as identifying those who might be suitable candidates. I think moving forward this could be an excellent treatment modality for patients