

# CPD EVENT RECORD - LEARNING WITH OTHERS

## MINIMAL LEVERAGE TECHNIQUE

with Professor Laurie Hartman

**LIVE EVENT**

5th June 2025

**90**  
minutes

### Summary

The discussion focused on the application of minimal leverage techniques in manual therapy. Emphasis was placed on the safety and efficacy of these techniques, highlighting their role in reducing the risk of adverse events. Relative and absolute red flags were noted. In addition, there were demonstrations of 3 techniques covering wrist, hip and upper CSP.

NICE Guidelines: NG59 - Low Back Pain and Sciatica in Over 16s: Assessment and Management

### Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

- A. Communication and patient partnership: A2, A3
- B. Knowledge, skills and performance: B1, B2, B3, B4
- C. Safety and quality in practice: C1
- D. Professionalism: D3

### Certification

This certificate confirms that

**Gulseren Ersoy**

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)*

This discussion reinforced the principles and safety benefits of minimal leverage techniques. I am now more confident in choosing techniques that reduce risk, especially in vulnerable patients, and in explaining these choices clearly. I will integrate this understanding into my practice and communicate more effectively with patients when discussing care options.