

CPD EVENT RECORD

PILATES - THE "HOG"

with Speaker

Live Event:
Learning
With Others

Summary

This broadcast included a demonstration of how the "hog" can be used as a rehab aid in improving balance, with progressive levels of complexity/difficulty. The purpose of the exercises and safety considerations were made clear, as were the very few contraindications, such as osteoporosis (a relative contraindication). A key element was the extent to which patients could perform the exercises at home, unsupervised. Modifications were demonstrated to alter the muscle groups affected.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

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

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

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
Rubina Ali
participated in this CPD event


S L BRUCE, APM Director

45
minutes

Learning with Others
Live, online discussion
20th October 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 a range of techniques to help improve balance and stability, using simple, inexpensive equipment. It has provided a few new ideas for me to explore in advising patients on self-help rehab.