

CPD EVENT RECORD

SPIRAL STABILISATION

with Karen and Anthony Padgett

Live Event:
Learning
With Others

Summary

This discussion and demonstration was concerned with a dynamic system of muscle stabilisation pioneered by a Czech doctor in the 1990's. The techniques use a system of resistance bands to engage spiral muscle chains, which improve posture and function, leading to reduced pain and better performance.

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

90 minutes
Learning with Others
Live, online discussion
2nd November 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)

The techniques described in this discussion provided a useful, functional approach to helping stabilise the spine, and will help me when prescribing rehab exercises to my patients.