

CPD EVENT RECORD

TRIGGER POINTS

with Professor Bob Gerwin and Bernitta Willoughby

Live Event:
Learning
With Others

For many years the existence of trigger points, and their role in causing or maintaining pain, was questioned. This discussion looked at the developing body of evidence which clearly shows, through both imagery and electromyography, that trigger points are real. Different approaches to treating them were contrasted. "Spray and Stretch" was said to be the most comfortable, but probable least effective. Manual inhibition was recognised as an alternative to dry needling, but was said to be a slower intervention. The method of needling was described, with potential adverse side effects outlined. Containdications and safety precautions were also explained.

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

60
minutes

Learning with Others
Live, online discussion
22nd May 2023

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 explanation of trigger points will prove useful in addressing many of the problems I see in clinic. The pain maps described will also be helpful in honing my diagnoses, leading to quicker resolution for patients.