

# CPD EVENT RECORD

## FUNCTIONAL EXERCISE PRESCRIPTION

with Prof Eyal Lederman

**Live Event:**  
*Learning  
With Others*

Prof Lederman explained the relationship of exercise to pain relief and return to function. In essence, all exercise will help to alleviate pain - it does not need to be done in a gym, nor does it need to be cunningly designed. When it comes to restoring function, exercise needs to be specific to that function - there is very limited transferability of effect. This means that, in almost all cases, the best exercise to restore a particular function is to perform that function. Prof Lederman also went into detail on the how exercise is best used during the different phases of tissue healing after injury, and outlined the three processes which contribute to recovery.

### 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  
**Deven Grey**  
participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning with Others**  
Live, online discussion  
5<sup>th</sup> July 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

**NICE Guidance:**

NG193  
Chronic Pain in Over 16s  
Dated 7 April 2021

  
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 was particularly helpful in demystifying exercise prescription in rehabilitation. I now have the evidence to convince my patients that functional exercise is all they need, which I believe will lead to greater compliance and therefore better outcomes.