## **CPD EVENT RECORD**

## **Case-Based Discussion**



This case-based discussion concerned frozen shoulder: the difficulty in accurate diagnosis and the uncertainty of evidence for the many different treatment options. These included Niel Asher Technique, soft tissue treatment with or without articulation, acupuncture/dry needling, manipulation under anaesthetic, hydrodilatation, arthroscopic surgery, guided or unquided steroid injection.

The psychological component was also recognised as important, lending weight to the biopsychosocial model of health.



**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)

Because frozen shoulders can be difficult to fix, it was helpful to hear the experiences of others regarding the various treatment options available. More importantly, I found it useful to be reminded that treatment must be bespoke – not every patient responds in the same way.