

# CPD EVENT RECORD - LEARNING WITH OTHERS

## RETHINKING MOVEMENT EFFICIENCY

with Helen Hall and Daniel Collis

**LIVE EVENT**

15th July 2025

**90**  
minutes

### Summary

This discussion and demonstration illustrated the connection between gait and dysfunctional movement patterns, and employed neurofeedback mechanisms to overcome problems. Emphasis was placed on tailoring care to individual movement needs, patient communication, and promoting exercise compliance. The session offered insight into integrating functional movement testing into clinical reasoning to better understand root causes and improve treatment outcomes.

NICE Guidelines:

### Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

- A. Communication and patient partnership: A1, A2, A3, A5
- B. Knowledge, skills and performance: B1, B2, B3, B4
- C. Safety and quality in practice: C1

### Certification

This certificate confirms that

**Paul Keilbart**

participated in this CPD event



**S L BRUCE, APM Director**

*Please note: the time shown on the certificate reflects the duration of the event. When claiming your CPD, you should ensure that you only claim for the time you were present. In the event of an audit, APM records can be used to show the time at which you logged in.*

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