

CPD EVENT RECORD

TRIGGER POINTS

with Professor Bob Gerwin and Bernitta Willoughby

Recording:
Learning
by Oneself

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.

<p>Chiropractic Code 2016</p> <div> <p>A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7</p> <p>B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9</p> <p>C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9</p> <p>D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4</p> <p>E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7</p> <p>F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6</p> <p>G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6</p> <p>H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7</p> </div>	<p>Certification</p> <p>This certificate confirms that</p> <p>participated in this CPD event</p> <p> S L BRUCE, APM Director</p> <div> <p>60 minutes</p> <p>Learning by Oneself Recorded</p> </div> <p>Confirmation</p> <p>I confirm that this is an accurate reflection of my learning during this event.</p> <p>Signed:</p>	<p>Osteopathic Practice Standards 2019</p> <div> <p>A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7</p> <p>B Knowledge, skills and performance B1 B2 B3 B4</p> <p>C Safety and quality in practice C1 C2 C3 C4 C5 C6</p> <p>D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</p> </div> <p>Objective Activity: None Communication & Consent: No</p> <p></p>
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Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)