# **CPD EVENT RECORD**

## **ACTIVATOR TECHNIQUE**

with Julien Barker

# Recording: Learning by Oneself

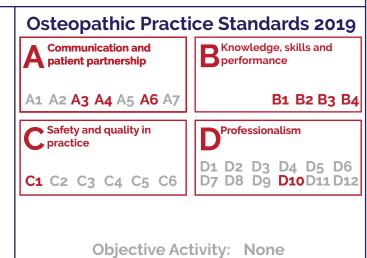
### **Summary**

This discussion covered 3 main elements: the Activator instrument, Activator protocol and supporting evidence. Although it is not of high quality, there have been numerous studies (23 at the time of the broadcast) into the effectiveness of this approach. While instrument-assisted manipulation has not been shown to have better outcomes than manual treatment, it causes far less stress on the practitioner's own joints. The studies which are available suggest that it has applications in peripheral joints as well as axial. The safety of the activator device was discussed, particularly in regard to osteoporotic patients.

Procedures for trating in an "open plan" manner were also outlined, including the obvious need for confidentiality.

#### **Chiropractic Code 2016** Put the health interests of Act with honesty & integrity. Maintain the A patients first highest standards of professional/personal conduct A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients C1 C2 C3 C4 C5 C6 C7 C8 C9 D1 D2 D3 D4 Obtain informed consent for all aspects of patient care Communicate properly and effectively with patients, colleagues and other healthcare professionals E1 E2 E3 E4 E5 E6 E7 F1 F2 F3 F4 F5 F6 ■ Maintain and protect G Maintain, develop and work within your patient information professional knowledge and skills H1 H2 H3 H4 H5 H6 H7 **G1** G2 G3 G4 G5 G6





### **Evaluation, Reflection and Impact on Practice**

I participated in this event because I felt it would be useful to know as much as possible about instrument assisted manipulation. It was refreshing to hear that there is evidence to support the protocol, and I feel better able to explain the technique to patients, should they enquire.

#### Confirmation

**Communication & Consent: Yes** 

I confirm that this is an accurate reflection of my learning during this event.

Signed: