# **CPD EVENT RECORD**

### **ACTIVATOR TECHNIQUE**

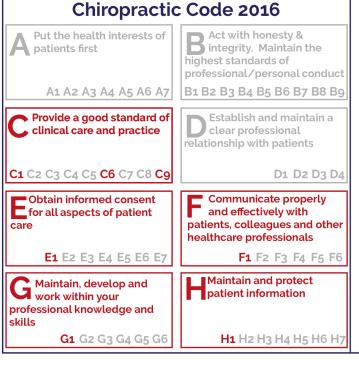
with Julien Barker

## Recording: Learning by Oneself

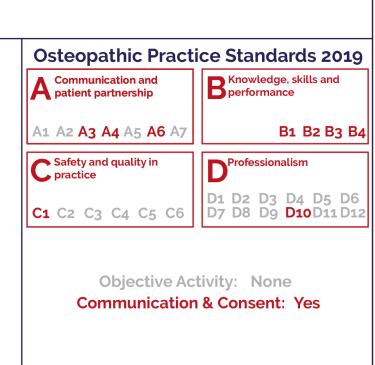
#### **Summary**

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.







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

#### Confirmation

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