

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

### Chiropractic Code 2016

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

### Certification

This certificate confirms that  
participated in this CPD event

  
S L BRUCE, APM Director

Date:

45 minutes  
**Learning by Oneself**  
Recorded

  
Academy  
of PHYSICAL MEDICINE

### Osteopathic Practice Standards 2019

<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4
<b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6	<b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
**Communication & Consent: Yes**

### Evaluation, Reflection and Impact on Practice

### Confirmation

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

Signed: .....