# **CPD EVENT RECORD**

# THE CROSSOVER EFFECT IN REHAB

with Dr Claire Minshull

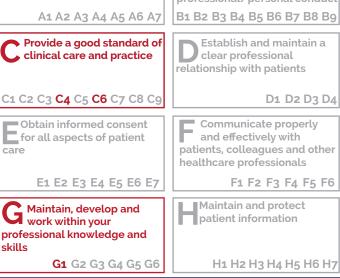
# **Recording:** Learning by Oneself

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

This discussion explained the effect whereby muscle in an inured limb can benefit from strength training on the opposite side. The extent of the benefit was outlined and the variation in effect between different muscle groups explained. Different strategies were explored to cater for different patient groups - athletes, general gym-users, and the more house-bound/elderly patients.

On reflection, this was a good reminder of the benefits which can be achieved through the crossover effect, and has provided me with the tools to offer useful advice not only to patients who are rehabilitating an injury, but also those who might be awaiting surgery.

#### **Chiropractic Code 2016** Put the health interests of Act with honesty & patients first integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 A1 A2 A3 A4 A5 A6 A7 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients





## Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

### **Osteopathic Practice Standards 2019**



A1 A2 A3 A4 A5 A6 A7

performance B1 B2 B3 B4

Knowledge, skills and

Safety and quality in practice

C1 C2 C3 C4 C5 C6

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11D12

■ Professionalism

**Objective Activity: None** Communication & Consent: No