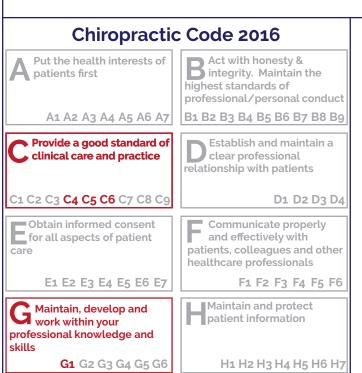
CPD EVENT RECORD KNEE AND FOOT PAIN

with Simeon Niel-Asher

Recording: Learning by Oneself

Summary

This discussion explained the role of trigger points in 3 main problems: Runner's Knee, Achilles Tendinopathy and Plantar Fasciitis. The incidence and aetiology of the conditions was considered, and the potential for misleading symptoms explained. Differential diagnoses and red flag symptoms were also discussed. A number of treatments were demonstrated, including one for ankle instability, and needling opportunities were explained.







Evaluation, Reflection and Impact on Practice

On reflection, these are common problems and relate to many of the patients that I see in clinic. There was much useful information in this discussion and demonstration that I can put to good use, including some treatment modalities that I was not previously familiar with.

Confirmation

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

Signed: