

# CPD EVENT RECORD

## MYOGENIC HEADACHES

with Dr Robert Gerwin

**Recording:**  
*Learning  
by Oneself*

### Summary

This discussion covered the evidence, much of it very recent, for the connection between headaches and myofascial trigger points. Migraine, Tension Type Headaches and cervicogenic headaches were included, and possible mechanisms for formation of trigger points and production of symptoms were proposed. It was interesting to note that dry needling gave rise to similar relief compared with injection of anaesthetic. Contributory factors, such as iron deficiency, forward head posture, hypermobility and TMJ dysfunction were also discussed.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

**C** Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**G** Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

**H** 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

**A** Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

**B** Knowledge, skills and performance

B1 B2 B3 B4

**C** Safety and quality in practice

C1 C2 C3 C4 C5 C6

**D** Professionalism

D1 D2 D3 D4 D5 D6  
D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

### Evaluation, Reflection and Impact on Practice

Headaches are prevalent and I felt there was a need understand recent evidence for treatment protocols in order to ensure I can not only offer the best care to my patients, but also explain the rationale behind treatment properly.

### Confirmation

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

Signed: .....