CPD EVENT RECORD

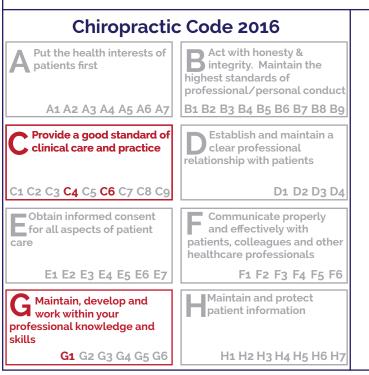
Spondylolisthesis and T4 Syndrome

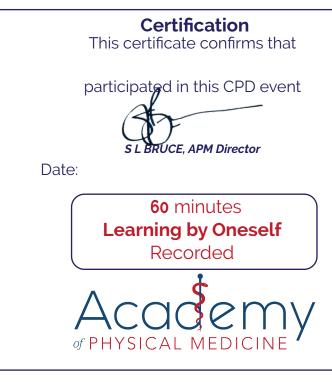
with Simeon Niel-Asher

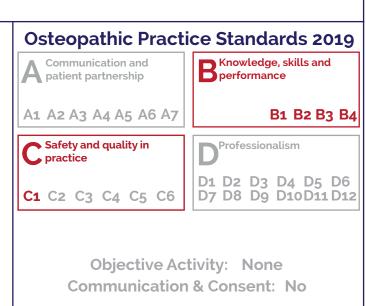
Recording: Learning by Oneself

Summary

This presentation demonstrated a number of techniques based on tigger point theory for dealing with spondylolisthesis and T4 syndrome. The types, grades and aetiology of spondylolistheses were outlined, together with differntial diagnoses for both conditions. It was argued that although there is no research evidence to support it, clinical outcomes were encouraging. Needling was also recommended as a possible treatment for T4 Syndrome, but the need for rigorous safety measures around the intercostal areas was emphasised.







Evaluation, Reflection and Impact on Practice

On reflection, the evidence for trigger points is growing, and treating trigger points in my own patients could be a useful contribution to their pain relief.

Confirmation

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

Signed: