



**Dates:** October 9-10, 2021  
**Program Title:** 2021 Part II Cox® Seminar for Certification: The Cox® Technic System for Spine Pain Relief  
**Times:** Saturday: 8am-12pm; 1pm-7pm - Sunday: 8am-1pm  
**Instructors:** Ralph Kruse, DC FIANM; George Joachim DC DACRB; Kurt Olding DC FIANM  
**Total CE Hours:** 15

**Description:** This Part II course allows an intense session of learning the protocols of the Cox Technic System of Spinal Pain Management for Lumbar, Thoracic, and Cervical Spine from the biomechanics to the examination and diagnosis to the treatment and research-documented clinical and research-laboratory documented outcomes. This course builds on the non-disc material from Part I. The Part II material is focused on discogenic condition material mixed with treatment demonstration and practice before the certification examination (optional) is made available. Part II allows gives you the latest in biomechanics and clinical research and more on the disc-related conditions and cervical spine.

**Goals/Objectives:** By the end of Part II, the attendees will have a list of research papers about the biomechanics of flexion-distraction adjusting, an understanding of the latest research studies being conducted with federally funded researchers, an examination that is thorough, and hands-on skills to start using flexion-distraction in their practices right away. The attendees will more thoroughly understand the discogenic causes of back and neck pain as well as their care based on federally funded research with evidence-based protocols measured with a pressure transducer that each attendee will have the opportunity to use. The latitude of published support for chiropractic and Cox® Technic flexion distraction in the care of neck, arm, back and leg pain is emphasized.

**Topics:** discogenic conditions (examination, diagnosis, treatment) – hands on practice of protocols – patient management with regards to nutrition, exercise, rehab, ergonomics and understanding their condition – GOIC syndrome - Cervical spine biomechanics, examination, diagnosis, treatment, and clinical outcomes – patient cases from clinical practice are presented. The focus is lumbar spine. The certification is in lumbar spine.

#### Outline:

Time	CE hrs	Topic	Instructor	subject
<b>SATURDAY</b>				
8a-9:30a	1.5	Goals of Cox® Technic Intervertebral Disc Herniation Induced Stenosis (PPT) - Sciatic Nerve Anatomy - Gemelli Syndrome - Disc Herniation Size & Compression Force Correlated with Clinical Presentation - Clinical Diagnosis - Imaging: Discography, MRI, Myelogram-Enhanced CT - Lateral Disc Herniation Diagnosis	Any	
9:30a-10:15a	.75	Treatment Hands-On – Patient Set Up/Protocol 1	All	
10:15a-11a	.75	sciatica nerve pathology, anatomy, physiology GOIC Syndrome - Pfirmman Classification - Contained Disc (Case) Mechanical Compression Changes on nerve and DRG Pudendal Plexus/Pelvic Issues Non-Contained Disc (Case) (Discography)	Any	
11a-11:30a	.5	Treatment Hands-on – Protocol II (all parts together)	Any	
11:30a-12p	.5	Spinal Nutrition	Any	
12p-1p		LUNCH – OPEN HANDS-ON		
1p-1:30p	.5	Review Research / Force Table – with video demo (10 minutes)	Joachim	

1:30p-2p	.5	Hands-On with Force Table	All	
2p-2:30p	.5	Patient Management & Clinical Case Presentations Healing Time - Low Back Wellness School - Report of Findings - Q&A	Any	
2:30p-4:30p	2	Division 7 DISC – IVD size/symptoms – free fragments outcomes - conservative care outcomes – medial v lateral v subrhizal – IVD Derangement symptoms/signs – DDD v Contained v Non-contained Discs – Clinical Presentations of discs - Differential Diagnosis - FBSS	Any	
4:30p-5p	.5	CREEP/HYSTERESIS demo/discussion	Any	
5p-5:30p	.5	Hands-On – hold time for creep/hysteresis	All	
5:30p-6p	.5	Rehabilitation and Exercise for Stabilization & Prevention of Recurrence	Any	
6p-6:30p	.5	Hands-on Open Practice Session (side-lying and general practice)	All	
6:30p-7p	.5	REVIEW of Non Discogenic Causes of Low Back Pain	Any	
<b>Sunday</b>				
8a-9a	1	<b>EXAMINATION—Written Portion of Certification Examination</b> (Optional—if not taking, hands-on practice is offered.) - 2 patient cases to review, diagnose, set treatment plan	All	
9a-11a	2	<b>EXAMINATION - Practical LUMBAR SPINE Certification Examination</b> (Optional – by scheduled time for each examinee) <b>AND/OR</b> <b>PREVIEW: HONORS COURSE IN COX® TECHNIC</b> <b>Presentations with the group while pairs are being tested.</b> - <b>Specially recorded CURRENT RESEARCH PEARLS – Dr. Cox (1 hr)</b> - <b>Special Presentation Topics (as done at Honors Courses) options:</b> o Thoracic Disc Herniation – Dr. Olding (1 hr) o Chiropractic & The Immune System 2015 (cholinergic/adrenergic and SMT – SMT effects on Brain/Nervous system) – Dr. Cox (1.5 hrs) o Failed Back Surgical Syndrome – Dr. Cox (1 hr)	All	
11a-11:30p	.5	<b>Review Written Test cases/Test Q&amp;A/Discussion of Certification Status</b>	All	
11:30a-12:15p	.75	<b>PREVIEW: PART III COX® TECHNIC CERVICAL CERTIFICATION COURSE</b> Cervical Spine: Biomechanics, Diagnosis, Treatment with Cox® Protocol - Biomechanical findings from Loyola Study - Anatomical Orientation of Nerve Intermediates within the Spine, Dermatomes - Vascular incidence factors - Video case (as time allows): CTS, C5-6 DEMO: Cervical Spine Treatment	Any	
12:15p-1p	.75	<b>PREVIEW: PART IV (THORACIC SPINE) AND HONORS (EXTREMITY/SPORTS)</b> - Lara’s Paper on Carnett’s Sign – Thoracic Disc - Upper 4 Syndrome - Cases of Thoracic Disc - DEMO: Thoracic Adjusting – doming of the diaphragm – thoracic restraint - DEMO: shoulder, hip, knee distraction with f/d principles - Case report: knee OA and case series of knee OA	All	

**References:**

- Cox JM: Low Back Pain: Mechanism, Diagnosis and Treatment -
  - o 7th edition. Baltimore. Lippincott Williams & Wilkins, 2011
- Cox JM: Neck, Shoulder, Arm Pain: Mechanism, Diagnosis and Treatment. Fort Wayne, IN: privately published by Cox Technic Resource Center, Inc., 4th edition – 2014
- Daily Pubmed search results by Dr. Cox/Julie – compiled in the *Monthly Cox® Research Pearls*

**Methods:**

- Powerpoint presentations (updated continually with evidence-based research paper findings/sources), hands-on demonstration and hands-on instruction, question and answer, printed notes handouts