



Dates: 2023
 Program Title: 2023 Part I Cox® Technic Lumbar Spine Certification Course
 Instructors: James Cox DC DACBR FICC FIANM(H) HonDLitt; Dean Greenwood DC MS FIANM FCCOS(C); Lee Hazen DC; George Joachim DC DACRB; Ralph Kruse DC FICC FIANM; Kurt Olding DC FICC FIANM PSP
 Total CE Hours: 15

Times:

- **standalone 2-day courses**
 - o **April 29-30 Vancouver BC; November 4-5 FL**
 - Saturday: 8a-noon, 1p-7p; Sunday: 8a-1p
- **part of 4-day courses**
 - o **March 23-24 IN; April 20-23 CA; October 19-20 IN**
 - Thursday 8a-12p, 1p-6p; Friday 8a-12p, 1p-3p

Description: The Part I course is introductory to Cox® Technic Flexion Distraction and Decompression (CTFDD) protocols. This course shares the academic basis for the research-documented and evidence-based protocols as well as introduces its hands-on application. The academics focus on the non-discogenic conditions with an overview of discogenic and stenotic conditions. Lead by proficient chiropractic hands-on instructors who are certified in Cox® Technic and practice this technique every day, attendees will feel comfortable with the protocol and system of examination, diagnosis, and treatment to produce clinical outcomes like those found in the published flexion distraction literature.

Goals/Objectives: By the end of Part I, 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, an examination that is thorough, and hands-on skills to start using Cox® Technic Flexion Distraction Decompression (CTFDD) in their practices right away.

Topics: Biomechanics of the Spine—Diagnosis of lumbar (and differential diagnosis of involved thoracic and cervical conditions) —Chiropractic Treatment of spine conditions from disc herniation and stenosis to spondylolisthesis, tropism, short leg, etc.— Clinical Case reports from practitioners’ offices showing in-office care of actual patients (video and picture descriptions) – Chiropractic adjunctive therapies’ use – Protocols and Algorithms of Care for the Cox® Technic System of Spinal Pain Management

Outline:

Time	CE hrs	Topic		Instructor
Saturday (of 2 days) / Thursday (of 4 days)				
8a-10a	2	- Biomechanics (DRG, nerve root pressure, chemical radiculitis, vascular ischemia, venous hypertension and atherosclerosis in DDD, neuroanatomy) - Case video – Fragment	1-65	Any
10a-11:30a	1.5	- Treatment Demo/Hands-On – Basics (patient set up, hand contact, patient position, tolerance testing)		Any
11:30-12p	.5	- Stenosis - - Case video – L3L4 Stenosis - SI Joint	66-93	
1p-2p	1	- History and Evolution of Cox® Technic (flexion-distraction and decompression) - The LBP Patient (characteristics, outcomes surgical/non-surgical, care options)		Any
2p-3p	1	a) Treatment Demo/Hands-On – Protocol 1 with b) Knee distraction		
3p-4:30p	1.5	- Research — Completed and On-going — Outcomes — Video of Cox® flexion-distraction motion of facets - Effects of Cox Technic – Force Table Demo Video		Any
4:30-5:30p	1	Force Table Demonstration and Practice (1 group with force table) Protocol 2 – long y (other group)		Any

5:30-6p	.5	- Algorithm of Decision Making for Cox® Technic 1000 Cases Clinical Outcome Study of Low Back Pain Conditions		
6p-6:30p 8a-8:30a	.5	- Full Spine Exam of the Back Pain Patient — establishing diagnosis & treatment protocols - Re-Examination And Re-Evaluation and Setting New Goals - Patient Expectations & Rehabilitation		Any
6:30p-7p 8:30a-9a	.5	Non-Disc Conditions: - Facet Syndrome (definition, incidence, diagnosis, instability, treatment, outcomes) - Synovial Cyst (incidence, diagnosis, anatomy, treatment, outcomes) Fractures (compression, other) - Case video – scoliosis with sciatica		
Sunday (of 2 days) / Friday (of 4 days)				
8a 9a	.5	- Treatment Demo/Hands-On – Protocol 2 with flexion/extension		Any
8:30a 9:30a	.5	- Spondylolisthesis (definition, contributing factors, incidence, diagnosis, instability, pars defect, treatment, outcomes, use of belt, exercise)		Any
9a 10a	.5	- Case video – degenerative spondylolisthesis - Case – Two level degenerative spondylolisthesis		Any
9:30a 10:30a	.5	- Pregnancy-Related Back Pain (statistics, treatment, outcomes) - Case – pregnancy back pain - Case – one of 25% / painful patient for prone treated with side-lying		Any
10a 11a	.5	- Treatment Demo/Hands-On – side-lying treatment		Any
10:30a 11:30a	.5	- Transitional Segment (definition, incidence, diagnosis, treatment, outcomes) - Case - Bertolotti's Syndrome - Case Video – Low Back Pain, Leg Pain, Transitional Segment, Disc Herniation - Case Video – Acute Lumbago		Any
11a 1p	.5	- Treatment Demo/Hands-On – Protocol 2 Lateral Flexion		any
11:30a 1:30p	.5	- Leg Length Inequality (statistics, incidence, diagnosis, treatment, outcomes) - Case video – ankylosis - Tropism (definition, incidence, diagnosis, contributing factors, treatment, outcomes)		Any
12p 2p	.5	Treatment Demo/Hands-On – Protocol 2 Circumduction - Treatment Demo/Hands-On – ALL OF PROTOCOL 2		
12:30p 2:30p	.5	- Spinal Nutrition - CREEP/HYSTERESIS demo/discussion		
1p 3p	0	End part 1		Any

References:

- Cox JM: Low Back Pain: Mechanism, Diagnosis and Treatment -
 - 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