



**Dates:** February 3-4, 2024

**Program Title:** Cox® Honors Course 2024 - Cox® Technic in Current & Future Interdisciplinary, Clinical, & Practical Care of Spine Pain

**Times:** Saturday: 8am-2pm; Sunday: 8am-2pm

**Instructors:** James M. Cox DC DACBR FICC FIANM(H); Lee Hazen DC; George Joachim DC DABCR; Ralph Kruse DC FIANM; Kurt Olding DC PSP FIANM; and/or Dean Greenwood DC FIANM MPH

**Total CE Hours:** 12

**Description:**

- **THE AUDIENCE:** Intended attendees are chiropractic physicians and chiropractic students treating back pain. They may have experience with Cox® Technic or be newly interested in what it has to offer. The Honors Course highlights what Cox® Technic does for its patients and its physicians as well as how it keeps the researchers busy documenting the science and its clinical and laboratory outcomes.
- **THE VISION:** The Honors Level Cox® Seminar highlights clinical application and clinical success of Cox® Technic physicians. It is designed for certified Cox® physicians to shine alongside the technique and its outcomes, research and history. It is the forum to enhance the ORAL TRADITION of Cox® Technic's clinical success with documentation.
- **THE METHOD:** Lead by Dr. James Cox, developer of Cox® Technic Flexion-Distraction and Decompression Spinal Manipulation, and member(s) of the Cox® Technic Teaching Team, clinical applications, protocols and outcomes are presented by field doctors; research outcomes are presented; situations of healthcare multidisciplinary inclusion of Cox® are described by field doctors.
- **THE FOCUS:** This Honors Course delves into the available care options for spine pain patients: manipulation, surgery, pain control, rehabilitation/exercise, modalities, patient education. Its central theme is how Cox® Technic integrates with these options.

**Goals/Objectives:** At the end of the course, the attendee will

- have the protocol guide for protocols 1 and 2 to follow
- apply of Cox® Technic protocols after using the force transducer (when available) in hands-on practice.
- describe and demonstrate how to manage balance and back pain.
- name the two types of patients for whom Cox® protocols are appropriate.
- have a list of at least 70 of the latest published spinal research articles that affect care of the patient.
- define the PSCP/ FBSS patient and how to treat that patient.
- discuss the outcomes of the spinal biomechanics affected by Cox® Technic as well as clinical outcomes.
- describe how chondroitin sulfate, glucosamine sulfate, curcumin, turmeric, black pepper work to heal and protect disc and joint material.
- recognize spinal gout as potential diagnosis, co-morbidity

**Topics:**

- Spinal Literature Highlights - latest literature findings and their impact on clinical practice.
- Clinical Rounds - Dr. Cox and colleagues bring cases from their clinics as well as those shared by other doctors to the course for discussion of their conditions, diagnosis, insurance involvement, treatment plan, outcomes, etc.
- Cox® Protocols – The instructors will demonstrate hands-on application of Cox® protocols for cervical, thoracic, and lumbar spines.
- Cox® Research will be shared with the latest F/D research outcomes and studies.
- Pathologies - This presentation will alert doctors to not overlook anything in their examinations.
- Surgical Patients and Failed Back Surgery Syndrome Patients - Cox® Technic helps.
- Afferentation and the vagus nerve affected by spinal manipulation.
- Orthopedic Examination protocols for clearer treatment plan determination for enhanced clinical outcomes
- Thoracic spine – its examination and special treatment approaches
- Indicators for a surgical referral and expectations of surgical outcomes.
- Cox® Technic research plans and updates.
- Exercises – visit 1, additions at 50% improvement, daily exercises for maintenance

## SATURDAY

### **MORNING: Spine Care Today**

- 1.5 hrs– **RESEARCH PEARLS/Welcome**
  - Update from spine literature published research on the biomechanics, examination, diagnosis, treatment, and treatment outcomes of today's spine conditions: stenosis, post-surgical continued pain, disc herniation, etc.
- 1 hr - **THORACIC SPINE DISC HERNIATION**
  - Examination & diagnosis cues - including upper motor neuron differentiation
  - Case examples of treatment plan management and outcomes
  - Demonstration of treatment
- 1 hr - **BIOMECHANICS OF MANUAL MEDICINE**
  - Biomechanical findings in spinal mobilization and manipulation (SMM)
  - Spinal mechanical changes seen in successful SMM
  - Spinal biomechanics seen in distraction
  - Disc hydration changes with SMM
  - SMM positive benefits
  - Biomechanics and nervous system interaction
- .5 hr – **BALANCE**
  - How back pain affects balance
  - Measuring balance – various tests described and demonstrated
  - description of pilot study outcomes and plans for next study, published paper

### **AFTERNOON: Cox® Technic Research Translated To Clinical Application and Practice**

- 1 hr - **FORCE TABLE MEASUREMENTS & EFFECTS ON TREATMENT**
  - Translational research to clinical practice
  - demo/hands-on
- 1 hr - **MODERATED CASE PRESENTATIONS (5-10 minutes each) WITH TREATMENT DEMOS**
  - attendee – cases
  - instructors' cases – cases from private practice of recent interest
    - synovial vs discal vs Tarlov cyst
    - disc herniation
    - pregnancy related back pain
    - Ehlers Danlos
    - etc.
- 1 hr - **RESEARCH UPDATES**
  - PSCP Post Surgical Continue Pain Study – process, stage, outcomes
  - Ultrasound Study – description, stage, example of images, published outcomes, poster
  - Lumbar Spine Stenosis Clinical Data Collection study – description, stage, published outcomes
- 1 hr – **COX® TECHNIC HANDS-ON DEMO & PRACTICE SESSION**
  - Lumbar (Protocols I/II/III),
  - Cervical (I/II)

## SUNDAY

### **MORNING: Effects of Spinal Manipulation**

- 2 hrs – **COX - Afferentation**
  - Chiropractic Effect on the Autonomic Nervous System in Health and Disease, Vagus nerve
- .5 hr – **DOMING OF THE DIAPHRAGM**
  - Impact, Application, & Practice
- 1 hr – **EXERCISE FOR BACK PAIN – BASICS**
  - Visit 1 exercises, 50% improvement additions, daily, etc.
- .5 hr – **THORACIC SPINE TREATMENT APPROACHES**
  - Upper 4 thoracic, hyperkyphosis, Thoracic pump

### **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