



Dates: 2024
 Program Title: 2024 Part I Cox® Technic Lumbar Spine Certification Course
 Instructors: James Cox DC DACBR FICC DIANM(H) HonDLitt; Dean Greenwood DC MS DIANM FCCOS(C); Lee Hazen DC; George Joachim DC DACRB; Ralph Kruse DC FICC DIANM; Kurt Olding DC FICC DIANM PSP
 Total CE Hours: 15

Times:

- **standalone 2-day courses**
 - o **non scheduled yet**
 - Saturday: 8a-noon, 1p-7p; Sunday: 8a-1p
- **part of 4-day courses**
 - o **March 14-17 FL; April 18-21 IN; October 24-27 MO; November 7-10 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-9:30a	1.5	- Biomechanics (DRG, nerve root pressure, chemical radiculitis, vascular ischemia, venous hypertension and atherosclerosis in DDD, neuroanatomy) - Case video – Fragment - Stenosis - Case video – L3L4 Stenosis - - SI Joint	Any
9:30a-11a	1.5	Treatment Demo/Hands-On – Basics (patient set up, hand contact, patient position, tolerance testing)	Any
11a-1p	2	- History and Evolution of Cox® Technic (flexion-distraction and decompression) - The LBP Patient (characteristics, outcomes surgical/non-surgical, care options)	Any
1-2	0	LUNCH	Any
2p-3p	1	- Research — Completed and On-going — Outcomes — Video of Cox® flexion-distraction motion of facets - Effects of Cox Technic	Any
3p-3:30p	.5	Treatment Demo/Hands-On – Protocol 1	Any
3:30p-4p	.5	- Algorithm of Decision Making for Cox® Technic - 1000 Cases Clinical Outcome Study of Low Back Pain Conditions	Any
4p-4:30p	.5	Force Table Demonstration and Practice	Any

4:30p-5:30p	1	- 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
5:30p-6	.5	Treatment Demo/Hands-On – Protocol 2 Long-y	Any
6p-6:30p 8a-8:30a	.5	Non-Disc Conditions: - Facet Syndrome (definition, incidence, diagnosis, instability, treatment, outcomes)	Any
6:30p-7p 8:30a-9a	.5	- Synovial Cyst (incidence, diagnosis, anatomy, treatment, outcomes) Fractures (compression, other) - Case video – scoliosis with sciatica	Any
Sunday (of 2 days) / Friday (of 4 days)			
8am 9am	.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	
11a 1p	.5	Treatment Demo/Hands-On – Protocol 2 Lateral Flexion	
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	Any
12:30p 2:30p	.5	- Spinal Nutrition - CREEP/HYSTERESIS demo/discussion	Any
1p 3p	0	Adjourn (end of 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



Dates: 2024
Program Title: 2024 Part II Lumbar Spine Cox® Seminar
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
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 - o **none scheduled yet** Saturday: 8a-noon, 1p-7p; Sunday: 8a-1p
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 - Thursday 8a-12p, 1p-6p; Friday 8a-12p, 1p-3p

Description: This Part II course allows an intense review of the examination, diagnosis, treatment planning, and hands-on protocols of the Cox® Technic System of Spinal Pain Management learned in Part I. 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 & clinical research & more on the disc-related conditions with an introduction to cervical and thoracic spine exam/diagnosis/treatment.

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, and hands-on skills to more confidently implement flexion-distraction in their practices. 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 force-measuring-and-real-time-feedback table 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 / treatment planning with regards to nutrition, exercise, rehab, ergonomics and understanding their condition – GOIC syndrome - patient cases from clinical practice presentations – case reviews – imaging standards and reading tips – anatomy and biomechanics of lumbar spine – healing time factors. The focus is lumbar spine. The certification is in lumbar spine.

Outline:

Time	CE hrs	Topic	Instruct or
SATURDAY and SUNDAY (of 2 days) / Friday and Saturday and Sunday (of 4 days)			
8a-8:30a 3p-3:30p F	.5	Review of Part I Principles of Cox® Technic Review of Cox® Technic Effects and Algorithms of Decision Making	Any
8:30a-9:30a 3:30p-4:30p F	1	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-10a 4:30p-5p F	.5	Treatment Hands-On – Patient Set Up/Protocol 1	Any
10a-11a 5p-6p F	1	sciatica nerve pathology, anatomy, physiology GOIC Syndrome - Pfirrmann Classification - Contained Disc (Case) Mechanical Compression Changes on nerve and DRG Pudendal Plexus/Pelvic Issues Non-Contained Disc (Case) (Discography)	Any
11a-11:30a 8a-8:30a SAT	.5	Treatment Hands-on – Protocol II (all parts together)	Any
11:30a-12p 8:30a-9a	.5	Spinal Nutrition	Any
12p-12:30p 9a-9:30a	.5	CREEP/HYSTERESIS demo/discussion	Any

12:30p-1p 9:30a-10a	.5	Hands-On – hold time for creep/hysteresis	Any
2p-3p 10a-11a	1	Review Research / Force Table – with video demo (10 minutes)	Any
2p-2:30p 11a-11:30a	.5	Hands-On with Force Table	Any
2:30p-3p 11:30a-12p	.5	Patient Management & Clinical Case Presentations Healing Time - Low Back Wellness School - Report of Findings - Q&A	Any
3p-5p 1p-3p	2	DISC (Div 7) – IVD size/symptoms – pre/post MRI – motor return - free fragments outcomes - conservative care outcomes – medial v lateral v subrhizal – IVD Derangement symptoms/signs – case (upper lumbar free frag) – traction - DDD v Contained v Non-contained Discs – Clinical Presentations of discs - Differential Diagnosis – FBSS/PSCP/PSPS – case (dean)	Any
5p-5:30p 3p-3:30p	.5	Rehabilitation and Exercise for Stabilization & Prevention of Recurrence and Report of Findings	Any
5:30–6p 3:30p-4p	.5	Hands-on Open Practice Session (side-lying and general practice)	Any
6p-6:30p 4p-4:30p	.5	Re-do PRE-TEST and Review for Exam	Any
6:30p-7p 4:30p-5p	.5	Hands-On (practice putting all protocols together)	Any
8a-9a SUN 5p-6p	1	EXAMINATION—Written Portion of Certification Examination (Optional—if not taking, hands-on practice is offered.) - 2 patient cases to review, diagnose, set treatment plan	Any
9a-10:30a 6p-7p SAT and 8a-8:30a SUN	1.5	EXAMINATION - Practical LUMBAR SPINE Certification Examination (Optional — by scheduled time for each examinee) AND/OR PREVIEW: HONORS COURSE IN COX® TECHNIC <i>Presentations with the group while pairs are being tested.</i> - Specially recorded CURRENT RESEARCH PEARLS – Dr. Cox (1 hr) - Special Presentation Topics (as done at Honors Courses) recorded options: o Thoracic Disc Herniation – Dr. Olding (1 hr) o Chiropractic & The Immune System / Afferentation – Dr. Cox (1.5 hrs) o Failed Back Surgical Syndrome – Dr. Cox (1 hr)	Any
10:30a-11a 8:30a-9a	.5	Review Written Test cases/Test Q&A/Discussion of Certification Status/Q&A overall	Any
11a-12p 9a-10a	1	PREVIEW: PART III COX® TECHNIC CERVICAL CERTIFICATION COURSE 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
12p-1p 10a-11a	1	PREVIEW: PART IV (THORACIC SPINE) AND HONORS (EXTREMITY/SPORTS) - 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 – knee distraction	Any

References:

- Cox JM: Low Back Pain: Mechanism, Diagnosis and Treatment - 7th edition. Baltimore. Lippincott Williams & Wilkins, 2011
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