



Total CE Hours: 14

Program Title: 2023 Cox® Seminar Part III - Cervical Spine Certification

Times: Saturday: 8am-12pm, 1pm-7pm; Sunday: 8am-12pm

Instructors: James M. Cox DC DACBR; Lee Hazen DC; Dean Greenwood DC DIANM; George Joachim DC DACRB; Ralph Kruse DC DIANM; Kurt Olding DC DIANM

Description:

- **THE AUDIENCE:** Intended attendees are physicians treating neck and arm pain. They may have experience with Cox® Technic or be newly interested in what it has to offer.
- **THE VISION:** This Cervical Spine Cox® Seminar highlights clinical application and clinical success of Cox® Technic for cervical spine conditions biomechanically and clinically with an emphasis on hands-on instruction and practice.
- **THE METHOD:** Lead by experienced Cox Technic physicians and instructors, this course shares via academic presentation the research behind the protocols and clinical outcomes as well as the practical application of the protocols.
- **THE FOCUS:** This course focuses on cervical spine pain patients. Options for their care are shared via research findings as well as practical experience: manipulation, surgery, pain control, rehabilitation/exercise, modalities, patient education.

Goals/Objectives:

- At the end of the course, the attendee will be more confident in application of Cox® Technic protocols for cervical spine after small group instruction and practice as well as using the force transducer in hands-on practice.
- At the end of the course, the attendee will name the two types of patients for whom Cox® cervical spine protocols are appropriate.
- At the end of the course, the attendee will have a list of at least 20 of the latest published spinal research articles that affect care of the cervical spine patient.
- At the end of the course, the attendee will discuss the outcomes of the cervical spine biomechanics affected by Cox® Technic.
- At the end of the course, the attendee will demonstrate Protocol 1 and Protocol 2 skills.
- At the end of the course, the attendee will know which protocol is appropriate for which type of patient.
- At the end of the course, the attendee will have in hand references for peer-reviewed publications regarding the biomechanics and clinical outcomes for cervical spine care with Cox Technic (MCD – manual cervical distraction and flexion distraction).

Topics:

- Spinal Literature Highlights - the findings and their impact on clinical practice.
- Clinical Rounds – presentation of videos of patients from clinic to the course for discussion of their conditions, diagnosis, insurance involvement, treatment plan, outcomes, etc.
- Cox® Protocols – demonstration of hands-on application of Cox® protocols.
- Cox® Research - the latest F/D research outcomes and studies.

Format:

- Powerpoint presentations, hands-on demonstration and hands-on instruction, question and answer, printed notes handouts

Outline:

Time	CE hrs	Topic	Instructor
Saturday,			
8am-9am	1	Impact of Cervical Spine Pain <ul style="list-style-type: none"> • Costs: surgical vs non-surgical • Options for care: surgery vs. conservative (fusion, collar, exercise, PT, SMT) • Long-term outcomes of care: surgical vs conservative (Cochrane Reports) • The Role of Chiropractic in Cervical Spine Pain Care 	all
9am-10am	1	Basic Biomechanics of Cervical Spine <ul style="list-style-type: none"> • Anatomy • Normal ranges of motion • Facet patterns • Vertebral Artery • DRG • Nerve Roots • Chemical vs Mechanical 	all
10am-11:30am	1.5	Hands-On <ul style="list-style-type: none"> • Cervical Headpiece Table Tour, Demonstration, Group Practice at Patient Positioning, Tolerance Test 	all
11:30am-Noon	.5	Examination of the Cervical Spine/Thoracic Spine Patient & Report of Findings <ul style="list-style-type: none"> • CTS case (video) • Exam tests • Partnership with patient • 50% Rule • Algorithm of Decision Making • Treatment plan 	all
1pm-1:30pm	.5	CONTINUE - Examination of the Cervical Spine/Thoracic Spine Patient & Report of Findings	all
1:30pm-2:30pm	1	Hands-On <ul style="list-style-type: none"> • Research and Standards • Protocol 1 – long y/no straps 	all
2:30pm-3:30pm	1	Research Studies <ul style="list-style-type: none"> • Loyola study - NIH Federal Research Study Findings - biomechanics • NUHS study #1 – clinical comparison • Current study – Palmer clinical trial • 5 effects of Cox® Technic 	all
3:30pm-4:30pm	1	Conditions Defined <ul style="list-style-type: none"> • Myelopathy and 2 cases • Headache • Myelomalacia – part of a larger case • Disc Herniation • Disc Extrusion 	all
4:30pm-5pm	.5	Hands-on - Protocol 1 with straps	all
5pm-6pm	1	Cases / Protocol I Conditions in Case Format <ul style="list-style-type: none"> • Disc Herniation – contained disc • Radiculopathy • Free Fragment • Myelopathy • Surgical vs Non-Surgical • Case: C5-6 Disc • Post-surgical fusion • Spinal stenosis 	all
6pm-7pm	1	Hands-On - Protocol 2	all

Sunday			
8am-8:30am	.5	Cases / Protocol II Conditions <ul style="list-style-type: none"> • Whiplash • Subluxation • Retrolisthesis • Scheuermann's • Klippel Feil • Degenerative Disc Disease 	all
8:30am-9:30am	1	Thoracic Spine and Hands-on <ul style="list-style-type: none"> ○ Upper Thoracic Adjusting ○ Upper Thoracic Syndrome (T4 Syndrome) 	all
9:30am-10am		Review for Cervical Spine Certification Exam	all
10am-11am	1	EXAMINATION – Written (optional – If not taking, hands-on is offered.)	All
11am-Noon	1	EXAMINATION – Practical Demonstration Examination of Protocols I and 2 (optional – If not taking, hands-on is offered.)	All

References:

- Cox JM: Low Back Pain: Mechanism, Diagnosis and Treatment -
 - 4th edition. Baltimore: Williams and Wilkins Publishing, 1985 [translated into Japanese, 1987] --
 - 5th edition. Baltimore: Williams and Wilkins Publishing, 1990 [translated into Korean, 1997]
 - 6th edition. Baltimore: Lippincott Williams and Wilkins, 1999
 - 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 – compiled in the *Monthly Cox® Research Pearls*
- See PDF handout of slides (as each one has a reference on it) for the full list of references. This may be updated between submission for CE credits and the actual course date as new material is published daily.