



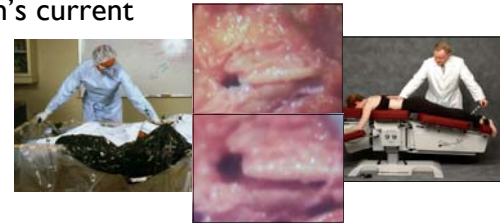
Cox®
Technic

Seminars | Evidence-Based Protocols | Research | Clinical Outcomes

Cox® Technic Flexion Distraction and Decompression Adjusting is chiropractic, hands-on spinal manipulation. Years of clinical experience and research documentation fostered by **James M. Cox**, developer of the technique, make it one of the most respected approaches to relieving and managing spine pain non-surgically.

In this 12 hours course, **Dr. Ralph Kruse** presents Cox® Technic's science and application. Our most prolific author of peer-reviewed articles on cervical spine (as well as pregnancy-related back pain and FBSS), Dr. Kruse in a very practical way shares his everyday experience and his clinical skill for your application in practice.

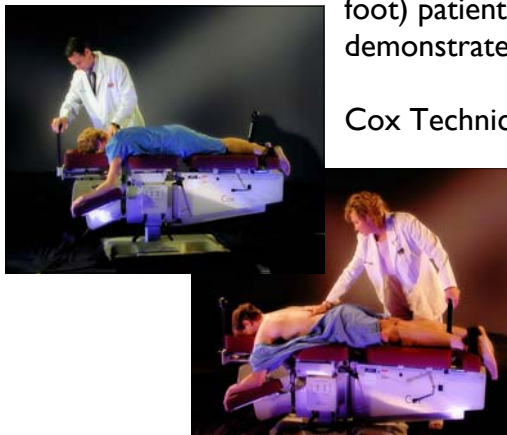
You will learn about Cox® Technic Flexion Distraction and Spinal Manipulation's current **cervical spine biomechanics and clinical study**, history, published **clinical findings**, research-laboratory data as to the **millimeters of pressure reduced** under treatment and **mm of area increased under care**, clinical outcomes as to **days and visits to maximum improvement**, as well as the proper **protocols** for applying Cox® Technic as both the doctor and patient.



This course is the **introductory Part I of the Cox® Technic Certification Course**. This prepares you for Part II where Dr. Cox and Dr. Gudavalli give you the latest in biomechanics and clinical research and more on the disc-related conditions and cervical spine.

Cox® Technic is known for its research-documented treatment of **disc herniation** and **stenosis**. Its evidence-based protocols are also appropriate for treating **sprain/strain, facet syndrome, spondylolisthesis, sciatica, radiculopathy, degenerative scoliosis**, and a host of other spinal conditions.

European Spine Journal published a paper revealing that chronic low back pain patients, including the more difficult and painful radiculopathy (pain that extends down the leg and/or foot) patients did statistically better with flexion distraction. This course will demonstrate just how.



Cox Technic protocols for **lumbar spine application** as well as **cervical spine** and **thoracic spine** are shared.

Cox® Technic Seminar

Saturday | **January 21, 2012** | 8am-5pm

Sunday | **January 22, 2012** | 8am-Noon

San Francisco, CA | Embassy Suites SFO Airport Waterfront

CE Hours Co-Sponsor | National University of Health Sciences

Tuition | \$465 DC, \$200 DC Student, \$395 Cox® Certified DC,

\$436.50 DC EAC member (late fee starts 2 weeks prior)

For more information, please visit www.coxtechnic.com/event/san-francisco-cox-seminar-part-i-1.

www.coxtechnic.com | info@coxtechnic.com

800-441-5571 | 260-637-6609



**San Francisco @ The Embassy Suites SFO Airport Waterfront
January 21-22, 2012**

Part I Syllabus — *What Is Cox® Technic? The Basis*

The Part I course is introductory to Cox® Technic flexion distraction and decompression protocols. This course shares the academic basis for the protocols as well as introduces its hands-on application. Lead by excellent chiropractic hands-on instructors who practice this technique every day, this weekend will excite you for Monday morning!

Saturday

- 8:00 am Biomechanics of the Human Spine: Neuroanatomy, Chemical vs Mechanical Irritation, SI Joint, Stenosis, DRG
- 10:00 am Algorithm of Decision Making for Cox® Technic / Video of technique application
- 10:30 am Case Presentations (on video) & Hands-On Groups
- Hands-On - patient set up, hand contact, patient position, tolerance testing
 - Cases - L3-4 Stenosis, Scoliosis with Sciatica
- 1:00 pm History and Evolution of Cox® Technic (flexion-distraction and decompression)
- Research — Completed and On-going — Outcomes — Video of Cox® flexion-distraction motion of facets
 - Effects of Cox Technic
 - 1000 Cases Clinical Outcome Study of Low Back Pain Conditions
- 2:00 pm Case Presentations (on video) & Hands-On Groups
- Cases/Videos - Examination (brief review), Video of Dr. Cox doing exam, Report of Findings tips, Disc Fragment, Low Back Pain with leg pain and transitional segment and disc herniation, Spinal Nutrition
 - Hands-On - Protocol 1
- 3:00 pm Facet Syndrome: Biomechanics, Diagnosis, Treatment (Pain Generation, Spinal Stenosis source, stable vs unstable)
Spondylolisthesis: Biomechanics, Diagnosis, Treatment (Pain Generation, Instability, True vs Degenerative, Bracing)
Tropism, Short Leg, Transitional Segment: Biomechanics, Diagnosis, Treatment
- 4:30 pm Case Presentations & Hands on—Protocol 2
- Cases - compression fracture, spondylolisthesis, bertolotti's syndrome, acute lumbago, ankylosis,
 - Hands-On - Protocol 2

Sunday

- 8:00 am Finish Group Protocol 2 Hands-on / Case Presentations
- 9:00 am Special Techniques Demonstration (Thoracic Spine, Side-Lying, Thoracic restraint, etc.)
- 9:15 am Cervical Spine: Biomechanics, Diagnosis, Treatment with Cox® Protocol
- Anatomical Orientation of Nerve Intermediates within the Spine, Dermatomes
 - Vascular incidence factors in Cox® Technic
 - Specific treatment of stenosis, disc herniation, degeneration, subluxation, headache, whiplash
- 10:00 am Video Demonstration of Cervical Spine Treatment
- 10:15 am Case Presentations and Hands-on (Introduction) -Cervical
- Cases - C5-6 Disc Herniation, FBSS Post Surgical Continued Pain, Occipitalization/KF Fusion, Scheuermann's
 - Hands-on - Cervical Spine Adjusting Introduction
- Noon Adjournment

For more information and online registration, please visit <http://www.coxtechnic.com/event/san-francisco-part-i-1>.