The Netherlands  
**September 16-17, 2011**  
**Part I Syllabus — What Is Cox® Technic? The Basis**

The Part I course is introductory to Cox Technic flexion distraction and decompression protocols. This continuing education weekend 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! Check out what attendees say about the courses, too.

**Friday**

12:30 pm  Registration

1:00 pm  Biomechanics of the Human Spine
  - Neuroanatomy of Spine: Normal and Painful
  - Dorsal Root Ganglion Pain Generation
  - Chemical and Mechanical Pain Generation
  - Vascular Ischemia - First Factor in Nerve Compression
  - Venous Hypertension and Atherosclerosis in Disc Degeneration
  - Sacroiliac Joint Pain Generation
  - Stenosis

3:00 pm  Algorithm of Decision Making for Cox® Technic / Video of technique application

3:30 pm  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

5:00 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

6:00 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

7:00 pm  Adjourn for evening

**Saturday**

8:00 am  Facet Syndrome: Biomechanics, Diagnosis, Treatment
  - Pain Generation, Femoral Nerve Pain, & Sciatica from the Facet Joint
  - Orientation of the Facet Bundles
  - Stable and Unstable Facet Syndrome: Diagnosis and Treatment
  - As source of Spinal Stenosis
Treatment Goals and Expectations
Compression Fracture

Spondylolisthesis: Biomechanics, Diagnosis, Treatment

- Instability’s Influence on Clinical Outcome — Pain Generators — Treatment of True versus Degenerative — Bracing

Tropism, Short Leg, Transitional Segment: Biomechanics, Diagnosis, Treatment

- Bertolotti’s Syndrome L4-L5 Disc Lesion Predominance - Why?
- Short Leg Syndrome: Occurrence, Long Leg Disc Herniation Prominence, Cause of Disc Degeneration
- Tropism: Unilateral Disc Stress Producing Disc Tearing & Degeneration

9:30 am  Case Presentations & Hands on—Protocol 2

- Cases - compression fracture, spondylolisthesis, bertolotti’s syndrome, acute lumbago, ankylosis, etc.
- Hands-On - Protocol 2

11:00 am Special Techniques Demonstration

- Thoracic Spine Adjusting
- Side-Lying for pregnant patients and those in too much pain
- long-y-axis
- others

11:15 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

Noon Lunch

1:00 pm Video Demonstration of Cervical Spine Treatment

1:15 pm 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

3:00 pm Adjournment