



Guide for Cox® Technic Certification Examination

*Doctor: In preparation of our Part I and II and/or Part II alone lumbar certification course in Cox® Flexion Distraction and Decompression Technic, I ask you to look over the following recommended readings as well as the abbreviated PROTOCOLS FOR COX® TECHNIC guide. They will be enhanced in didactic lecture. Based on your preliminary study and the enhanced lecture, following the course, you will know where in the text to find answers to clinical questions for guiding your patient care. For the certification course, I suggest you read and acquaint yourself with the following chapter material mentioned below, especially Chapters 2, 3, 4, 7, 8, 9 – Low Back Pain: Mechanism, Diagnosis, Treatment, 7th ed., 2011.
James M. Cox, DC, DACBR*

1. Chapter 2:

pages 30-111: Nerve supply of the intervertebral disc, dermatome patterns, discogenic pain production, contained and non-contained disc herniation and fragmentation with clinical signs and symptoms, sciatic scoliosis, intradiscal pressure changes by maneuver and posture, flexion and extension effects on spinal area and stenosis, apophyseal anatomy and pain sensitivity, nucleus pulposus motion within the annulus on motions of flexion and extension, instability defined and demonstrated, tropism and Cyron and Hutton studies, Fardon classification of disc degeneration, finite element analysis of disc mechanics on motion, positive and negative factors of spinal exercise, pudendal plexus signs and symptoms, piriformis and gemelli obturator internus syndrome, leg length inequality. A total of 428 references will be covered.

2. Chapter 3:

pages 112 – 155. 337 References given: Study the dorsal root ganglion size, DRG position within the osseoligamentous canal, neovascularization, Complex regional pain syndrome of chronic nerve compression, Pfirrmann and Griffith classification of disc degeneration on pages 131-132, Kobayashi chemical inflammation of the nerve supply of the nerve on pages 129 to 137 covering the immunohistochemical inflammation by adrenergic and cholinergic fibers which are vasodilators versus peptidergic nerve fiber inflammation which are vasoconstrictors. Study carefully the production of neuropathic pain by chemical inflammation of the disc and dorsal root ganglion via nuclear material on page 136. Note on page 132 that painful distraction of the rat facet joint causes higher production of substance P in the DRG than non-painful distraction. This is a concept supporting our application of force so as not to cause painful inflammation that increases patient pain. Study mechanical compression of the nerve and DRG in the production of clinical signs and symptoms. Haefeli classification of disc degeneration on page 141-143 and its correlation with radiographic findings is important for the clinician.

3. Chapter 4: Spinal Stenosis

pages 156 – 184 Know Eisenstein measurement for stenosis on pages 168-172. Understand stenosis' clinical presentation.

4. Chapter 5: Sacroiliac joint. Understand how we adjust and align the sacroiliac joint with Cox® procedures.

5. Chapter 6: Biomechanics research of Flexion Distraction and Decompression spinal manipulation in this chapter is written Ram Gudavalli, PhD. Know the intradiscal pressure changes occurring with this form of manipulation. Dr. Cox will cover this thoroughly for you in lecture.

6. Chapter 7: Diagnosis of low back and sciatica. Study the chart on page 228 for sciatica etiology. Know the Dallas Discogram Description of disc degeneration. Dr. Cox will discuss MRI of the spine with you. Look over the examination forms and examination of the low back and sciatic patient starting on page 261 to 288. This form will be described and discussed in lecture with you. Note varying differential diagnosis of low back and leg pain to include avascular necrosis, congenital defects, sacral fracture, multiple myeloma, disc herniation, spinal stenosis, ligamentum flavum hypertrophy, synovial cyst, sequestration of the disc, eosinophilic granuloma, metastatic



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disease, pancreatitis, diastematomyelia, fracture, degenerative spondylolisthesis, DISH, scoliosis, and other pathologies seen in clinical chiropractic practice.

7. Chapter 8: Understand the biomechanical changes in the intervertebral disc and space with flexion and extension motion of the spine. PAGES 363-365 IS THE PUBLISHED STANDARDS OF CARE FOR COX® FLEXION DISTRACTION AND DECOMPRESSION SPINAL MANIPULATION. KNOW THEM. Read pages 362 to 444 to know Protocol I and Protocol II principles and application of spinal manipulation. IN THIS CHAPTER YOU WILL HAVE A REFERENCE FOR TREATING PROTOCOLS WITH THE COX® TECHNIC AS WELL AS SPECIFIC CONDITION TREATMENT. USE THIS FOR REFERENCE IN DAILY PRACTICE WHEN CONFRONTED WITH A QUESTION OF CARE. THIS WILL BE COVERED IN DIDACTIC LECTURE VERY THOROUGHLY. On page 384 are clinical trial outcomes for various low back conditions treated with Cox® Technic protocols. Such conditions as disc degeneration, disc protrusion and prolapse, transitional segment, sprain/strain, facet syndrome, spondylolisthesis, etc., are given with the number of days and treatment number to acquire maximum relief of pain. Comparison of Cox® Technic with medical care is included. Electrical stimulation, acupuncture, nutrition, bracing, exercise, back school, return to work principles, ergonomic training, failed back surgical syndrome patient care with Cox® Technic, patient report of findings and treatment plan with goal setting are described.

8. Chapter 9: pages 445 – 515.

Specific intervertebral disc herniation and spinal stenosis patient care is detailed. Study the algorithms of treatment for sciatic patients on pages 453-454. Failed back surgical cases are given on pages 465-483. Many case reports are given to lead you in clinical treatment of difficult cases.

9. Chapter 10: Facet Syndrome. It is important to understand stable versus unstable facet syndrome via the work of Van Akkerveeken, its clinical features, and treatment. This chapter will be covered in detail in lecture due to its chiropractic importance.

10. Chapter 11: Spondylolisthesis. Degenerative and true spondylolisthesis is classified, pain generators given, Friberg's study of instability of spondylolisthesis, research clinical outcomes under Cox technic, and treatment will be covered in detail in lecture.

11. Chapter 12: Transitional segment. This will be covered in lecture so that any future question you may have in your clinical practice will be at your fingertips in this chapter.

12. Chapter 13: Osteoporosis and Disc Nutrition is covered in this chapter and will be covered in lecture.

13. Chapter 14: Rehabilitation of the low back pain patient. This is the work of Drs. Scott Chapman and Carol DeFranca and is specialized study for your clinical inclusion.

14. Chapter 15: Fibromyalgia: Study according to your personal need, and it will be covered in lecture.

15. Chapter 16: Ralph Kruse, DC, DABCO, covers the treatment of the pregnant female, such a great addition to the technique. It is side-lying technic that is covered in lecture, but this chapter is good for patient education and clinical application.



Study Guide - Certification Examinations

FOLLOWING ARE SECTIONS OF TWO TEXTBOOKS FELT TO BE MOST IMPORTANT AND HELPFUL FOR THE CLINICIAN STUDYING COX® SPINAL MANIPULATION PROCEDURES. PLEASE STUDY THEM PRIOR TO ATTENDING THE COURSE WORK AS THEY AID UNDERSTANDING AND IMPLEMENTATION --- James M. Cox, DC, DACBR

OUTLINE OF LOW BACK PAIN: MECHANISM, DIAGNOSIS, TREATMENT (7th ed) TEXT FOR INTERESTING PARTS:

GOIC PAGE 95-8

Pre and Post MRI of HNP 120

Pfarrmann -130

Griffith – 131

Blood vessel autonomic nerve supply – 129

Exam form – 263

LESS FOR SCOLIOSIS 335

Panjabi from JBJS and disc bulge – 353

Onel - 356-7

Standard of Care – 363-5

Cox Technic chpt 8 – page 348

Long Y axis 379

1000 case study – 383

E Stim use – 403

Bracing 410

LBWS – 412

Exercises 420

LB patient book 424

CHPT 9 IVD AND STENOSIS TREATMENT – PAGE 445

Burton 447

Finneson 448

FBSS 465

FACET SYNDROME CHPT – 516- 24

Eisenstein

Dwyer Bogduk, Aprill – 528

SPONDYLOLISTHESIS – 533 and Treatment 541

TRANSITIONAL SEGMENT – 578

NUTRITION CHPT 13 – 589

Disc regeneration – 801

Guehring – 609

REHAB CHPT 14 – 621

CHPT 15 - FIBROMYALGIA – 645

CHPT 16 – PREGNANCY

LITERATURE UPDATE - 665

OUTLINE OF Neck, Shoulder, Arm Pain: MECHANISM, DIAGNOSIS, TREATMENT (4th) TEXT:

It's a short read with lots of content. Do note these topics:

- Algorithms on pages 105-106
- Protocols in chapter 7
- Research into protocols pages 57-64
- Dermatomes pages 92-94