



Dates: ONLINE RECORDING of September 28-29, 2019, and 2019 bonus presentations

Program Title: 2019 Interdisciplinary Spine Conference: Spinal Stenosis (BONUS: Choosing Wisely, Vagal Nerve, Thoracic Disc, Myelopathy 2)

Instructors: James M Cox DC DACBR, Kurt Olding DC DACO, George Joachim DC DABCR, Rudy Kachmann MD, James Dozier MD, Robert Shugart MD, David Bojrab MD, Donald Urban MD, Michael Schneider DC PHD, Christopher Bise DPT, Lee Hazen DC, Cheri Hazen RN, Gregory Sowles PhD LMHC

Total CE Hours: 16h 2 m

Description:

- **THE AUDIENCE:** Intended attendees are healthcare and spine care providers of all disciplines to join this exchange of ideas to benefit suffering patients with relief of pain due to spinal stenosis. The audience will be as diverse as the presenters. This weekend is designed to bring together spine care providers from all fields who care for spinal stenosis sufferers experiencing a myriad of issues - back pain, neck pain, sciatic leg pain, arm pain, chronic pain, depression, incontinence, balance and gait issues, and more – to better manage these patients from all aspects.
- **THE VISION:** This interdisciplinary spine conference is Dr. James Cox's concept, a coming-together of spine care providers to discuss the growing incidence of spinal stenosis. Dr. Cox will open the conference with a discussion of the current status of research regarding spinal stenosis: its treatment options and outcomes.
- **THE METHOD:** Moderated by Dr. James Cox, developer of Cox® Technic Flexion-Distractor and Decompression Spinal Manipulation, clinical applications, protocols and outcomes are presented by speakers; research outcomes are presented; situations of healthcare multidisciplinary inclusion of Cox® are described by attendees.
- **THE FOCUS:** This weekend's forum is a coming together of spine specialists to discuss spinal stenosis in all its forms and treatments and know more about what fellow spine care provider colleagues do and how they all fit into the spinal stenosis treatment system for the benefit of patients. And proceeds from the weekend will go to spinal research.

Goals/Objectives: At the end of the course, the attendee will

- Describe how fellow spine specialists work in interdisciplinary/integrative practices with other healthcare providers.
- List various surgical and non-surgical approaches appropriate for spinal stenosis patients.
- List three healthy approaches to preventing back pain and improving the quality of life for spinal stenosis patients.
- Name a few signs of depression in spinal stenosis patients and how to help them with referral or other approach.
- Describe a new way to measure balance issues in spinal stenosis patients and how to correct them.
- Recognize the variety of spine surgery approaches for spinal stenosis.
- Understand a new approach to help alleviate incontinence related to spinal stenosis or other issues.
- Understand how spine stimulators are implanted and are designed to help control spinal stenosis pain.
- Name a few of today's most prescribed pain medications for spinal stenosis pain control.
- Witness a patient under current care for spinal stenosis with Cox Technic.
- Hear how training of spine specialists benefits both the doctors and patients.
- Describe how physical therapists approach spinal stenosis care.
- List the Choosing Wisely Guidelines
- Describe surgical and non-surgical options and outcomes for myelopathy
- Describe how thoracic disc herniation may be related to abdominal pain, its symptomatology, its commonness
- Demonstrate the doming of the diaphragm technique for improving tight hamstrings
- Describe the influence of the vagal nerve on the nervous system

Topics:

- Neurosurgery – spinal stenosis
- Orthopedic surgery – spinal stenosis
- Pain management – spinal stenosis (medications and spinal stimulators)

- Incontinence related to spinal stenosis
- Depression related to spinal stenosis
- Physical therapy
- Research and training collaboration among professions
- Balance issues with spinal stenosis
- Chiropractic care of spinal stenosis with Cox® Technic
- Healthy lifestyle changes for spinal stenosis sufferers
- Care of Spinal Stenosis in an Integrative Practice – health coaches, chiropractors, medical doctors, etc.
- Patient case presentations – spinal stenosis
- Choosing Wisely & Cox Technic
- Myelopathy Part 2
- Thoracic Disc Herniation
- Vagal Anti-Inflammatory Reflex And Doming of the Diaphragm

Outline:

CE hours	Topic	Instructor
1h 17 m	Spinal Stenosis Today <ul style="list-style-type: none"> • Current statistics on incidence and costs of spinal stenosis • Current approaches and complications of stenosis in the clinical setting Orthopedic Surgery for Spinal Stenosis <ul style="list-style-type: none"> • Orthopedic surgical options, procedures, risks, and outcomes • Signs of healing and complications 	Cox Shugart
1h 3m	New Success in Treating Incontinence <ul style="list-style-type: none"> • Symptomatology related to spinal stenosis that affects urological function: how and why • Current approaches including a stimulator to help relieve incontinence Case Reports: Spinal Stenosis <ul style="list-style-type: none"> • history, exam, imaging studies, diagnosis, treatment, outcomes • 71 year old woman with chronic upper and low back pain • 87 year old woman low back pain and radiculopathy • Dentist – neck pain – followed 3 years • 10 year case – NSAIDs to opiates to chiropractic • 40 year old male – incontinence to ER (Canada), numbness 	Urban Albano
1h 21m	Case Reports: Spinal Stenosis <ul style="list-style-type: none"> • history, exam, imaging studies, diagnosis, treatment, outcomes • 71 year old male - National Track and Field athlete – bilateral leg pain • 68 year old female – bilateral low back and leg pain Pain Management/Spinal Implants <ul style="list-style-type: none"> • Pharmacological pain medication options: risks, benefits • Spinal Implants for pain control: options, risks, benefits 	Heidt Keyes Bojrab
1h 12m	The Stenosis Patient <ul style="list-style-type: none"> • Current statistics on incidence and symptomatology of spinal stenosis A Spinal Stenosis Patient Under Care <ul style="list-style-type: none"> • A local stenosis patient: history, exam findings, imaging, diagnosis, treatment plan, current care and progress • Female with low back pain leg pain • Demonstration of treatment with Cox Technic and of exercises 	Cox Joachim
1h 31m	Interdisciplinary Research/Learning/Treating <ul style="list-style-type: none"> • Benefits of collaboration – researchers, healthcare providers, instructors of future healthcare providers – for back pain management as exemplified at the University of Pittsburgh School of Health and Rehabilitation Sciences are defined as well as how this enhances spinal stenosis patient care and professional collegiality • Demonstration of lumbar spine physical exam tests • Demonstration of rehab exercises 	Schneider/Bise
1h 28m	Depression in Chronic Pain Patients <ul style="list-style-type: none"> • Variety of questionnaires to gauge patient mental/emotional status 	Sowles

	<ul style="list-style-type: none"> • Proper referral protocol • Benefits of therapy with condition's treatment <p>Mind/Body Placebo/Nocebo Approach</p> <ul style="list-style-type: none"> • A neurosurgeon's view of how care outside the surgical room affects recovery and quality of life • Healthy living/eating and positive discussion of a patient's condition affects the patient's clinical outcome and quality of life 	Kachmann
1h 27 m	<p>Case Report: Lumbar Spinal Stenosis</p> <ul style="list-style-type: none"> • history, exam, imaging studies, diagnosis, treatment, outcomes • 75 year male - low back and bilateral leg pain – only walk 100 feet <p>Balance in Spinal Stenosis Patients</p> <ul style="list-style-type: none"> • Current research stats on balance in stenotic patients • Current status of IRB-approved (Parker College/Miami of Ohio) research project measuring pre-/post-treatment (with Cox Technic)'s balance ability <p>Integrative Care of Stenosis in a Functional Medicine Setting</p> <ul style="list-style-type: none"> • How medical, chiropractic, nutritional, psychological, and healthcare coaching work together under one roof for stenosis patient's benefit 	McMurray Olding Hazens
1h 15m	<p>Case Report: Spinal Stenosis</p> <ul style="list-style-type: none"> • history, exam, imaging studies, diagnosis, treatment, outcomes • 80 year old male – veteran – post-surgical continued pain – lumbar spine <p>Neurosurgery for Spinal Stenosis</p> <ul style="list-style-type: none"> • Neurosurgical options, procedures, risks, and outcomes • Signs of healing and complications 	Cox II Dozier
1h 2m	<p>Growing Collegiality not Competition</p> <ul style="list-style-type: none"> • Current status of many professions' approaches to helping stenosis sufferers' quality of life: DC, MD, PT, DO, NP, Psy • Research papers from institutions like Harvard, University of Pittsburg that outline benefits and development of recommended comprehensive protocols for spinal stenosis: spinal manipulation, nutrition, pain control, psychology, urology, surgery • Summary of the weekend's presentations • Demonstration of Cox® Technic protocols – cervical, lumbar; protocols I and II for each - for spinal stenosis conditions • Closing Comments 	Cox
1h 10m	<p>Choosing Wisely & Cox® Technic</p> <ul style="list-style-type: none"> • Choosing Wisely concept of delaying diagnostic imagine & Cox® Technic protocols • 5 Choosing Wisely factors • red flags - repeat diagnostic imaging • How do Cox® DCs avoid or delay diagnostic imaging without affecting clinical outcomes? • minimal clinical improvement and how do Cox® clinical outcomes compare? • What exceptions will come up with limited imaging use and how will Cox® Technic doctors maintain usual and customary clinical outcomes? • How do Cox® practitioners maintain high clinical outcomes while using limited diagnostic imaging? 	Cox
1h 14m	<p>Myelopathy Part 2</p> <ul style="list-style-type: none"> • review of Part 1 • controversy issues of conservative care for myelopathy • aseptic necrosis and myelomalacia origins, diagnosis, and treatment • non-surgical and surgical treatment research • patient case: interdisciplinary care of patient DC and neurosurgeon • treatment demonstration 	Cox
1h 2m	<p>Thoracic Disc Herniation</p> <ul style="list-style-type: none"> • latest research on thoracic disk herniation 	Olding

	<ul style="list-style-type: none"> • Is it as rare as we used to think? • What are common symptoms? • How are abdominal complaints tied in with thoracic disk herniation? • demonstration of Carnett's Sign • treatment demonstration of thoracic spine conditions 	
1h	<p>Vagal Anti-Inflammatory Reflex And Doming of the Diaphragm</p> <ul style="list-style-type: none"> • vagus nerve and its influence on a variety of body functions • specific example: tight hamstrings with the "doming of the diaphragm" technique 	Cox

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*

Methods:

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