

2022 Cox Courses: Cases, Research, Clinical Application 16.5 hours total

16.5 hours of presentations regarding research behind Cox® Technic, the application of the protocols within the system of Cox® Technic, demonstration of clinical outcomes with case reports, and a look at the past and present research principles of patient care that are guiding future studies. 12 hours feature a recording of the 2022 Cox® Honors Course held live in Fort Wayne, Indiana, with Drs. Cox, Joachim and Olding moderating and demonstrating.

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

- have tips on how to approach local medical organizations to share what he/she can do for non-surgery required spine patients.
- describe and demonstrate how to manage balance and back pain.
- name the two types of patients for whom Cox® protocols are appropriate.
- have a list of at least 70 of the latest published spinal research articles that affect care of the patient.
- define the PSCP/ FBSS patient and how to treat that patient.
- discuss the outcomes of the spinal biomechanics affected by Cox® Technic as well as clinical outcomes.
- describe how chondroitin sulfate, glucosamine sulfate, curcumin, turmeric, black pepper work to heal and protect disc and joint material.
- List at least 3 tests for balance
- List upper motor neuron tests
- More clearly understand surgical approaches to cervical radiculopathy and myelopathy
- Differentiate spinal discs: synovial, Tarlov, discal
- Diagnose and set treatment plan for thoracic disc herniation

Instructors:

- James M Cox DC DACBR FICC FIANM(H)
- George Joachim DC DABCR
- Kurt Olding DC FIANM

2022 COX® HONORS COURSE – April 2022 – HR 1
James M Cox DC DACBR FICC FIANM(H)
1 h

This is the first hour of the 2022 Honors Course.

- Cox – Opening Research Pearls – the latest in spine research publications
- Olding – Thoracic Spine - Being a spine care physician; opening to Thoracic Disc Herniation; types of TS discs; thoracolumbar junction, TDH case report (history, exam, diagnostic DDD, treatment), TS dermatomes map, lumbar plexus

2022 COX® HONORS COURSE – April 2022 – HR 2
James M Cox DC DACBR FICC FIANM(H)
1 h

- Olding – Thoracic Disc Herniation (Part 2) continued – Carnett's Sign, Lara paper
- Cox – Spinal Stenosis

2022 COX® HONORS COURSE – April 2022 – HR 3

James M Cox DC DACBR FICC FIANM(H)

1 h

- Cox – cervical spinal myelopathy and radiculopathy, Kang classification
- Atkins/Cox Presentation – neurosurgical perspective of CSR and CSM, cases, surgical procedures for spine conditions

2022 COX® HONORS COURSE – April 2022 – HR 4

James M Cox DC DACBR FICC FIANM(H)

1 h

- Atkins – continued cases (neurosurgical perspective of CSR and CSM, cases, surgical procedures for spine conditions)
- Cox/Atkins - discussion
- Cox – demonstration of treatment, impact and differentiation of Cox® Technic in chiropractic profession

2022 COX® HONORS COURSE – April 2022 – HR 5

James M Cox DC DACBR FICC FIANM(H)

1 h

- Olding – Balance – Effect of Cox® Technic on Balance, discussion of study with Drs. Dean Smith, Katie Pohlman, etc., demo of BTracks measuring of balance parameters, demo of treatment of Cox® by Dr. Cox, retest with BTracks

2022 COX® HONORS COURSE – April 2022 – HR 6

James M Cox DC DACBR FICC FIANM(H)

1 h

- Olding – Balance (continued – demo/test), description of research project on balance in clinics of chiropractors
- Cases – Dr. Joachim moderated
 - Robert Borzone (presented by Dr. George Joachim) - Patient with Left Leg Shaking for 18 years, Resolved with Cox® Decompression
 - Anaya Poster case -
 - Joel Dixon - Thoracic Disc Protrusion/Extrusion At T10/11 Treated With Cox® Flexion-Distracted Therapy: An Ongoing Analysis.
 - Michael Johnson – Acute Non-Specific Mechanical Neck Pain Treated with Cox® Technic

2022 COX® HONORS COURSE – April 2022 – HR 7

James M Cox DC DACBR FICC FIANM(H)

1 h

Dr. Cox and Dr. Joachim moderate case presentations:

- Nate McKee - Early Stages of Cervical Myelopathy and Tandem Stenosis Treated with Cox® Spinal Decompression Manipulation
- Cox - discussion points
- Danica Newbold (presented by Dr. George Joachim) - Large L5/ S1 Disc Protrusion Referral for Treatment and Management using Cox® Flexion-Distracted Therapy
- Cox - discussion

2022 COX® HONORS COURSE – April 2022 – HR 8
James M Cox DC DACBR FICC FIANM(H)
1 h

Cases moderated by Dr. Cox

- Kurt Olding – SYNOVIAL, Perineural cysts, Tarlov Cyst, Synovial Cyst, Discal
- Cox discusses case and synovial cyst and galvanism/electrical current
- Dr Kurt Olding - Pain Producing Tarlov Cyst: Seeing a Patient Through Necessary Care
- Sal Tocco – Lower Extremity Pain caused by L3-4 and L4-5 IVD Displacement
- Cox – interprofessional referral
- Cox – case - female left LBP and pelvic pain, Lovett Reverse Scoliosis, Multifidus, Quadratus lumborum strengthening (self and with table during auto axial distraction), electrical current application, treatment demo (prone & side-lying)

2022 COX® HONORS COURSE – April 2022 – HR 9
James M Cox DC DACBR FICC FIANM(H)
1 h

- Kruse – Cox® Research Projects' Update
- Cox – Ultrasound study details (Dr. Albano)
- Cox – review of history of Cox® Technic with HRSA, NIH, Funding for chiropractic research – academics & politics
- Cox – case – thigh pain, post-surgical
- Cox – case – serial lumbar spine case 20 years – post-surgical
- Cox – case – 32 y/o male – LBP and left lower extremity pain
- Dr Cox – case – 39 y/o male right S1 dermatome with no LBP
- Cox – case – LP and thigh pain post-laminectomy, dextroscoliosis with
- treatment demonstration and discussion using prone The Cox®8 Force Table to note how much pressure is being applied to the spine (continued in hour 10)

2022 COX® HONORS COURSE – April 2022 – HR 10
James M Cox DC DACBR FICC FIANM(H)
1 h

Cases and Treatment Demo moderated by Dr. Cox

- continued from hour 9 ... Lovett reverse case treatment demonstration and discussion using side-lying The Cox®8 Force Table to note how much pressure is being applied to the spine with patient at-home exercise instruction
- Cox – 249 – CS and LS decompression laminectomies within 4 mos. – McConville case
- Cox – 250 - HME
- Cox – 251 – syn cyst
- Dr Cox – 252 – Multiple myeloma
- Dr Cox – 254 – floating TS non contiguous fx dislocation
- Dr Cox – 255 – Paget's Disease
- Dr Cox – 256 – Bertolotti's in a construction worker
- Dr Cox – 257 – Klippel Feil – thoracic, lumbar, left leg pain
- Joachim – "Geri-active" patient – back pain, mobility issues, prep for cruise

2022 COX® HONORS COURSE – April 2022 – HR 11
James M Cox DC DACBR FICC FIANM(H)
1 h

Dr Cox moderated more cases:

- Cox – 258 - Spondylosis (Drs. Bruneau's case via Dr. Greenwood)
- Dr Cox – 259 – labrial tear, continued pain, complicated case
- Cox – 260 - stenosis and neurogenic claudication
- Cox – Afferentation
 - sympathetic/de-afferentation/DRG/substantia gelatinosa (anatomy)/glutamate/GABA/
 - Cholinergic/Adrenergic – parasympathetic/sympathetic
 - Inflammation & chronic pain
 - Stress & the vagus nerve
 - Brain, thoughts, memories, feelings
 - Vagus nerve location, stimulation, control, breathing

2022 COX® HONORS COURSE – April 2022 – HR 12

James M Cox DC DACBR FICC FIANM(H)

1 h

Dr Cox concludes the weekend with these topics and discussions:

- Vagus nerve anatomy
- Neuroimmune interactions in cholinergic anti-inflammatory reflex
- Vagus nerve stimulation - Mechanical, touch, Doming of the diaphragm
- Doming & Treatment demo
- Aging ('inflammageing'), mitochondria and reactive oxidative stress
- Ischaemia - Reperfusion injury
- Q&A – Closing Comments
- Certification, research, clinical outcomes

2022 Cox Technic Overview – Research Leads the Way Hour 1

James M Cox DC DACBR FICC FIANM(H)

1 h

The Cox® Technic Flexion Distraction and Decompression (CTFDD) System of Spinal Pain Management continues its evolution of protocol development based on [biomechanical and clinical research outcomes](#). A chiropractic, hands-on spinal manipulation technique with years of clinical experience and research documentation fostered by Dr. James M. Cox, developer of the technique, Cox® Technic is known for its care of disc herniation and stenosis. Its evidence-based protocols are also appropriate for treating sprain/strain, facet syndrome, spondylolisthesis, sciatica, radiculopathy, degenerative scoliosis, failed back surgery/post-surgical continued pain, and a host of other spinal conditions affecting the lumbar, cervical, thoracic spine and related areas. Demonstration of spinal manipulation of the cervical, thoracic, and lumbar spine and pelvis will be integrated into this program as will past, current, and future research areas of study.

- Biomechanics of CTFDD lumbar spine manipulation:
 - Intradiscal pressure change
 - Foraminal area increase
 - Facet joint motion
 - Disc space change under long y axis distraction manipulation
 - Video of the spine during spinal manipulation – HRSA study 9 minutes
- Clinical outcome study of CTFDD for lumbar spine conditions: days/visits – 1000 cases
- Clinical outcome study comparing CTFDD spinal manipulation to medical care for chronic low back pain – published HRSA Study outcomes
- Clinical outcomes study of CTFDD for post-surgical continued low back pain patients (retrospective) – published
- 2 patient presentations (disc and non-disc): video and imaging 12 minutes
- Demonstration of lumbar spine CTFDD Protocols I and II with pressure transducer measuring forces – NCLC 6 minutes

2022 Cox Technic Overview – Research Leads the Way Hour 2

James M Cox DC DACBR FICC FIANM(H)

1 h

- Biomechanics of cervical spine manipulation:
 - Intradiscal pressure variable changes at each disc level under CTFDD long-y axis distraction adjusting – NIH Study outcomes (Loyola Stritch School of Medicine, Palmer College of Chiropractic, National University of Health Sciences, etc.)
- Clinical application of biomechanics research principles to spinal manipulation for neck and arm pain
- 2 Patient presentations (disc and non-disc): video and imaging *12 minutes*
- Demonstration of cervical and thoracic CTFDD Protocols I and II – *NCLC 5 minutes*
- Current and Future Research Areas of Study
 - Ultrasound study measuring the effect of CTFDD on spinal elements (Keiser University) – underway now
 - Prospective study of CTFDD's effect on post-surgical continued pain (Keiser University) – completed/first paper near submission with several more papers in the works
 - Effect of CTFDD on Balance (TX College of Chiropractic, Miami University Ohio, Kent State, Oakland University, Olding) – paper submitted
 - Knee Distraction (University of Windsor/Albano) – case series published, study underway

2022 - Latest Spine Care Research Published Excitements

James M Cox DC DACBR FICC FIANM(H)

1.25

Dr. James Cox presents new studies on back pain treatment as well as back pain onset, diagnosis, examination, nutrition, etc., and connects them to some historical papers that are validated via the new.

- Importance of taking care of suffering patients
- ICMT and current studies on SMM (spinal manipulation and mobilization)
- Multifidus and erector spinae muscle, atrophy in back pain
- Inflammation, TNF,
- Initial back pain provider influence on outcome
- Spinal stenosis: diagnosis and management studies
- Cervical spondylotic myelopathy
- Spinal surgery: benefits/non-benefits, second opinions, compared to non-surgery
- Post surgical continued pain treatment with Cox® outcomes
- IVD changes due to aging, degeneration, etc
- Nutrition (like vitamin B & curcumin) compared to meds
- Testicular pain and back pain
- Low force traction (pain relief) vs high force traction (function restoration)
- Dropped head syndrome
- And more

2022 - Cox® Technic Principles: Past & Present

James M Cox DC DACBR FICC FIANM(H)

1.25 h

Dr. James Cox presents historically and modern-day driven principles of Cox® Flexion Distraction Decompression Spinal Manipulation including present day ultrasound studies.

What does latest research find that improves our application of Cox® Technic Flexion Distraction Decompression (CTFDD) spine manipulation and mobilization for the care, relief and management of spine related pain, back pain, neck pain?

Dr. James Cox, developer of The Cox® Technic System of Spinal Pain Management protocols and supporter of research projects to track clinical outcomes and determine biomechanical effects, presented cases (spinal stenosis, degenerative scoliosis, post-surgical continued patients, degenerative spondylolisthesis) and demonstrated treatment with specific low to high force with clinical outcome determination using The Cox®8

Force Table by Haven Medical to show real-time forces during the CTFDD treatment of cervical, thoracic, and lumbar spine areas.

Dr. Cox was quite passionate in this presentation! He shared "old" DO and DC books (one signed by BJ Palmer even) and techniques that have influenced his 55+ years of practice/teaching/research/collaboration, "present day" research, plans, and techniques, and "futuristic" hopes and applications of research.

'You have to know where you came from to set a course to get where you know you must go.' Research is the course!

- Newly published paper – Rogers et al – chronic LBP
- "Tensigrity" concept and axial decompression and effect on discs
- Pain meds for MSK conditions and effects
- Balance, cognition, back pain
- Real-time Ultrasound and Force Measurement look at effects of SM, specifically Cox® Technic
- Thoracic spine, multifidus, erector spinae
- Inflammatory cytokine involvement
- Case: Post Surgical LBP and Thigh Pain Relieved