

2023 Cox® Courses and Parts I & II Lumbar

Total hours:

Instructors:

James M Cox DC DACBR FICC DIANM

George Joachim DC DABCR

Kurt Olding DC DIANM FICC PSP

Description: In these course hours, with relief for the patient at the center of all this effort, the latest in spine research, biomechanics, examination, diagnosis, treatment options/types/outcomes are presented with an emphasis on lumbar spinal stenosis, minimal clinical improvement determination, and effects of spinal manipulation on the nervous system, parasympathetic and sympathetic, etc. (vagus nerve, cholinergic tone, autonomic nervous system)

Objectives: Attendees will gather research and supporting evidence...

- to examine the spine pain patient with the most revealing objective tests to corroborate with the subjective symptoms and imaging (if present)
- to clearly define Cox® Technic protocols with supportive research studies
- to read spinal imaging with a better understanding of how it correlates with patient presentation
- to more solidly understand the triple joint complex
- to develop a complete patient treatment plan that incorporates chiropractic spinal manipulation, exercise, nutrition, understanding of the condition, and congruence

Evaluation Link - <https://lp.constantcontactpages.com/sv/bagUtlQ/online2023pts1and2>

Parts I/II - Hour 1 - Joachim – 57m

- Opening comments
- Biomechanics and neuroanatomical diagnosis of low back pain
- Triple joint complex
- The disc

Parts I/II - Hour 2 – Joachim – 1h 3m

- Biomechanics (DRG, nerve root pressure, chemical radiculitis, vascular ischemia, venous hypertension and atherosclerosis in DDD, neuroanatomy)
- Case video – Fragment

Parts I/II - Hour 3 – Joachim & Olding – 1h

- Stenosis and Tandem Stenosis
- Case video – L3L4 Stenosis
- SI Joint
- History of Cox® Technic
- Who is the patient? (characteristics, outcomes surgical/non-surgical, care options)

Parts I/II - Hour 4 – Olding – 1h 5m

- Prognosis of LBP Care
- What and Who Help?
- Cox® Research — Completed and On-going — Outcomes

- Video of Cox® flexion-distraction motion of facets

Parts I/II - Hour 5 – Joachim & Olding – 59m

- Cox® Research — Completed and On-going — Outcomes (continued)
- Post Surgical, Spinal Stenosis, Balance, Ultrasound
- Effects of Cox® Technic
- 1000 Cases Clinical Outcome Study of Low Back Pain Conditions
- Algorithms of Decision Making for the Cox® Technic System of Spinal Pain Management: Radicular vs Non-Radicular

Parts I/II - Hour 6 – Olding – 56m

- Full Spine Exam of the Back Pain Patient — establishing diagnosis & treatment protocols
- Exam demonstration
- Re-Examination And Re-Evaluation and Setting New Goals
- Patient Expectations
- Rehabilitation Exercise - Back mice, Multifidus, Glute

Parts I/II - Hour 7 – Olding – 58m

- Facet Syndrome (definition, incidence, diagnosis, instability, treatment, outcomes)
- Synovial Cyst (incidence, diagnosis, anatomy, treatment, outcomes) Fractures (compression, other)

Parts I/II - Hour 8 – Olding – 55m

- Spondylolisthesis (definition, contributing factors, incidence, diagnosis, instability, pars defect, treatment, outcomes, use of belt, exercise)
- Case video – degenerative spondylolisthesis

Parts I/II - Hour 9 – Olding & Joachim – 1h

- Pregnancy-Related Back Pain (statistics, treatment, outcomes)
- Case – pregnancy back pain
- Case – one of 25% / painful patient for prone treated with side-lying
- Transitional Segment (definition, incidence, diagnosis, treatment, outcomes)
- Case - Bertolotti's Syndrome
- Case Video – Low Back Pain, Leg Pain, Transitional Segment, Disc Herniation
- Case Video – Acute Lumbago
- Leg Length Inequality (statistics, incidence, diagnosis, treatment, outcomes)
- Case video – ankylosis

Parts I/II - Hour 10 – Olding & Joachim – 55m

- Tropism (definition, incidence, diagnosis, contributing factors, treatment, outcomes)
- Spinal Nutrition
- CREEP/HYSTERESIS demo/discussion

Parts I/II - Hour 11 – Olding & Joachim – 1h 4m

- Part II starts
- Principles of Cox® Technic

- Review of Cox® Technic Effects and Algorithms of Decision Making
- Intervertebral Disc Herniation Induced Stenosis (PPT)
- disc: anulus/nucleus

Parts I/II - Hour 12 – Olding – 1h

- neuroanatomical diagnosis of back pain
- mechanical and chemical irritation
- Sciatic Nerve Anatomy
- Dermatomes & nerves
- Gemelli Syndrome
- Case: hip replacement for retrotrochanteric pain
- Intervertebral disc categories of internal derangement
- Pfirrmann & Griffith imaging
- Contained Disc Presentation
- Case: L3/4 free fragment
- Mechanical compression changes on nerve and DRG
- pudendal plexus, urinary dysfunction, pelvic pain and organic dysfunction

Parts I/II - Hour 13 – Joachim, Olding, Cox – 52m

- Non-contained disc presentation
- Case: L5 radiculopathy from L4/5 non-contained disc
- Discography
- physiological therapeutics
- Disc Herniation Size & Compression Force Correlated with Clinical Presentation
- Clinical Diagnosis
- Imaging: Discography, MRI, Myelogram-Enhanced CT
- Motor return
- Intervertebral internal disc derangement and resultant symptoms and signs
- Case: upper lumbar free fragment
- Lateral Disc Herniation Diagnosis

Parts I/II - Hour 14 – Cox – 55m

- Current Research Pearls:
- Guidelines for Family Physicians – sciatica
- New FD studies
- Adjacent segment disease
- Training back pain specialists

Parts I/II - Hour 15 – Cox - 1h 1m

- More Research Pearls:
- TNF-A and back pain
- SMT and audible pop
- SMT outcomes
- Effect of lumbar belts

Parts I/II - Hour 16 – Joachim – 1h 1m

- Disc Herniation Size & Compression Force Correlated with Clinical Presentation
- Clinical Diagnosis
- Imaging: Discography, MRI, Myelogram-Enhanced CT
- Motor return
- Intervertebral internal disc derangement and resultant symptoms and signs
- Case: upper lumbar free fragment
- traction belt

Parts I/II - Hour 17 – Joachim & Olding – 1h 2m

- Differential Diagnosis (aneurysm, gout, endocarditis, etc.)
- Lateral Disc Herniation Diagnosis
- Post Surgical Continued Pain
- Case: prior multiple back surgeries
- Review

Parts I/II - Hour 18 – Cox – 53m

- Discussion of research-directed proper forces to spine
- Demonstration of forces applied to the spine using a force-measuring equipped Cox® Table
- Case: GOIC Syndrome (gemelli obturator internus complex)

Parts I/II - Hour 19 – Cox – 57m

- How to explain back pain and the treatment plan to patients
- How to explain Cox® Technic to patients
- Case: L5S1 disc herniation left LBP and radiculopathy in 52 y/o with L4L5 DDD

Parts I/II - Hour 20 – Cox – 1h 2m

- Clinical Cases
 - Synovial cyst
 - L5S1 extrusion in 32 y/o
 - Right S1 dermatome in 39 y/o
 - Left LBP with pelvic pain in 54 y/o – Lovett reverse
 - LBP and Thigh pain in Post Surgical Patient
 - 2 back surgeries (LS and CS) in 4 months – pain continued with side effects
- Afferentation

Parts I/II - Hour 21 (.5 hr) – Cox – 31 m

- Afferentation continued
- Vagus Nerve – its control and stimulation (various tools) and hands-on treatment
- Cholinergic tone, breathing, influence at cellular level
- Autonomic nerve pathways
- Hands-on treatment approaches and demonstration

Parts I/II – BONUS Hour 22 – Research For Chiropractic Practice Hr 1– Cox – 56m

- Minimal clinical improvement determination
- Opioid and pain medicine epidemic

Parts I/II – BONUS Hour 23 – Research For Chiropractic Practice Hr 2 – Cox – 58m

- Determinants of relief from SMT
- Disc regeneration research
- Sympathetic autonomic nervous system

Parts I/II – BONUS Hour 24 - Research For Chiropractic Practice Hr 3 – Cox - 59m

- Aging: back and radicular pain and orthoses
- How does chiropractic enrich your life – 5 ways

Parts I/II – BONUS Hour 25 – Spinal Stenosis – Cox – 1h 10m

- James M. Cox, DC, DACBR, FICC, Hon.D.Litt, DIANM(H), presents the story of spinal stenosis, its diagnosis, complications, imaging, treatment, effects, cases, and outcomes. Kang's classification, cervical myelopathy, tandem stenosis, and more will be presented. He will demonstrate treatment technique on The Cox8 Table® by Haven Medical.