

2020 Cox® Online Course Series: Stenosis, Scoliosis, Cervical Spine Myelopathy & More

OVERVIEW OF 20 HOURS

- 5 hours 8 m Stenosis 2020
- 1 hour Lumbar Spinal Stenosis: The Challenge
- 2 hours Scoliosis: Current Research, Treatment, Exercise & Outcome Data
- 12 hrs 38 mins Interdisciplinary Spine Conference on Spinal Stenosis 2020
- 20 hrs 46 mins TOTAL HOURS

Description: The 2020 Cox Online Course Series offers insights into the chiropractic and interdisciplinary care of spinal stenosis with bonus topics of cervical spine myelopathy and scoliosis. The latest in medical research updates, demonstration of treatments and protocols, practical/clinical discussions of patient conditions from a variety of angles and how each discipline might approach their care.

Goals/Objectives: By the end of this series, the attendees will have a list of research papers about the current state of treatment (options/outcomes), diagnosis (physical and imaging), and presentation of patients with cervical spine myelopathy, spinal stenosis and scoliosis; a list of the latest research papers regarding the benefit of spinal manipulation; a practical guide to the application of Cox® Technic protocols for treating spine related pain; a description of the effects of spinal manipulation on the nervous system; an explanation of the role of chiropractic spinal manipulation in the care of spinal stenosis; a collection of spinal stenosis, scoliosis, and cervical spine myelopathy cases from exam through clinical outcome to reference; a description of the vagal anti-inflammatory reflex as well as a treatment protocol to enhance it.

Topics: spinal stenosis with special topics - from exam, diagnosis, treatment options & outcomes - to include cervical spine myelopathy, extremity pain, post-surgical, thoracic spine, vagal anti-inflammatory reflex, conservative spine stenosis treatment and surgical referral, scoliosis.

[ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 1 – 1 h 1 m - Spinal Stenosis Today - Cox](#)

- Incidence and challenge of spine stenosis in medicine today
- What is the potential relief for stenosis, radiculopathy and neuropathy?
- Basic neuroanatomy of normal and stenosis of the spine: mechanical and chemical
- Cervical spondylosis myelomalacia
- Tandem stenosis: influence on pain and treatment course
- Chronic pain and sympathetic/parasympathetic systems
- Anatomy and innervation: nervous, sympathetic, parasympathetic systems; vagus nerve

[ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 2 – 59 min - CSM: anatomy, inflammation, B12 - Cox](#)

- Kang grading scale
- Cytokines: inflammatory and anti-inflammatory
- Subacute combined degeneration of the spinal cord: diagnosis, treatment options
- Cervical spine anatomy
- Importance of B12

[ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 3 – 1 hr 8 m - Incidence and Treatment of Thoracic Disc Herniation - Olding](#)

- Carnett's Sign, CT and MRI findings, clinical presentation
- Thoracic disc herniation: exam, diagnosis, treatment options
- Carnett's sign
- Treatment with Cox Technic

[ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 4 – 53m - Interdisciplinary Medicine Care of Spine Pain – Hazens, Cox](#)

- How does Cox® Technic Flexion Distraction Spinal Manipulation affect stenosis?
- Ultrasound study of Cox® Technic F/D in motion
- How medical, chiropractic, nutritional, psychological, and healthcare coaching work together under one roof for stenosis patient's benefit
- Case: Cervical Spine Radiculopathy
- Disc herniation size and outcome
- Minimal clinical improvement treatment guide

[ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 5 – 1 h 28 m – Cervical Spine: Cox Technic Option and A Neurologist's View of CSM and Subacute Combined – Cox, Gupta](#)

- NIH Cervical Research
 - Overview: combined degeneration of the spinal cord overview
- Chondroitin Sulfate benefits for disc and joint disease

- Cervical Stenosis treatment demo with Cox Technic: C5-6
- Neurology and Non-Surgical Care of Cervical Spine Myelopathy
 - etiology, diagnosis, and conservative and surgical referral for patients with CSM
 - Testing for B12 levels
 - Pain Control options

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 6 – 1h 8 m - Degenerative Cervical Myelopathy and Conservative Spine Care: What's Our Obligation? – Battaglia, Cox

- clinical diagnosis
- diagnostic imaging
- treatment considerations of cervical spine myelopathy mild to severe
- Q&A discussion

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 7 – 1h 18 m - Neurosurgeon's View of Stenosis and Its Care – Dozier, Cox

- Cervical Spine Myelopathy from a Neurosurgeon's Perspective
- Surgical indications, procedure options, outcomes
- Indicators of surgical success

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 8 – 1h 7m - Lumbar Spine Stenosis, Thoracic Pump, & Treatment Demo

- HRSA/NIH Research on Cox® Technic Biomechanical & Clinical Effects
- Afferentation: the impact of chiropractic on the body via spinal manipulative therapy
- The Vagal Anti-Inflammatory Reflex: The Neural Blocker
- What are the required effects of spine manipulation to show positive outcomes?
- What is minimal clinical improvement?

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 9 – 1h 7m - Post Surgical Continued Pain – Kruse, Osterlitz, Cox

- Post-Surgical Continued Pain Clinical Study update (Keiser College of Chiropractic Medicine) and presentation of 69 cases study
- Teaching Protocols at Keiser and within the Keiser Spine Care Clinic
- Progress of the Clinical Spinal Stenosis Study (IRB progress and invitation to participate)
- Patient Case of PSCP and Myelopathy

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 10 – 1h 15m - F/D and Balance and Extremity Adjusting - Olding, Albano, Cox

- The Balance Study on Cox® F/D's effect on balance - Olding
 - Current status, trends, plans for next step
 - Fall Risk – predictors, prevention tips
- Treatment of Extremities Based on Cox® F/D Principles And Protocols - Albano
 - Demonstration of Treatment Protocols
 - Hip, Knee, Shoulder

ISC 2020 Interdisciplinary Spine Conference on Spinal Stenosis - Hour 11 – 1h 14 m - Rehab & Exercise – Joachim, Cox

- Exercise Rehabilitation for Back Pain - Joachim
- Myelomalacia: case and summary – Cox

Stenosis 2020 HOUR 1 1h 1m JMC

- Update on current spine research regarding indications for spine surgery vs conservative, outcomes, diagnosis and treatment findings and guidelines
- Spinal stenosis overview
- Cervical spondylotic myelopathy
 - Kang grading system for cervical stenosis
 - Keegan's Cervical spondylosis
- Cervical spine myelomalacia

Stenosis 2020 HOUR 2 1h 7m JMC

- Lumbar spine stenosis: pathoanatomy, biomechanics, treatment considerations
- Contained vs non contained disc presentations and treatment approaches
- Biochemical findings with spinal manipulation

Stenosis 2020 HOUR 3 58m JMC

- Case/condition discussion/treatment demo: 3 disc herniations
- 5 goals of flexion distraction treatment
- Biomechanics research

- Creep/hysteresis for spine

Stenosis 2020 HOUR 4 SKIPPED – only 18 minutes

Stenosis 2020 HOUR 5 1h 3m JMC

- Case/condition discussion/treatment demo: degenerative scoliosis
- Case/condition discussion/treatment demo: synovial cyst
- Case/condition discussion/treatment demo: post surgical continued pain
- Lumbar spine research, 1000 cases
- Vagus Nerve anatomy, reach, treatment approaches

Stenosis 2020 HOUR 6 59 mins JMC

- Cervical spine (research studies, cases, treatment demonstrations)
- Determinants of Relief from Spinal Manipulation
- Ultrasound study of spine under flexion distraction
- Chondroitin sulfate's role in disc nutrition and other disease prevention
- Future research directions

Lumbar Spine Stenosis: The Challenge 1 hr JMC

- Abnormal spine anatomy when spinal stenosis is present and the compressive, ischemic, and inflammatory nerve root and dorsal root ganglion pathology caused by it
- Clinical presentation of the spinal stenosis patient
- Cox® Distraction Spinal Manipulation demonstration of spine stenosis delivery
- Research documented changes in the spine, cauda equina, nerve roots and dorsal root ganglion when Cox® Technic is delivered
- Intradiscal pressure reduction with manipulation
- Osseoligamentous cross sectional area increase with distraction spine manipulation
- Disc space increase under distraction manipulation
- Afferentation with functional MRI changes of the brain when spine manipulation is delivered
- Three necessary spine changes necessary for successful manipulation outcome
- Demonstration of forces delivered and the spine changes with Cox® Distraction Manipulation & Decompression
- Interdisciplinary Treatment Of Spinal Stenosis – surgery, conservative options, depression, urology issues, physical therapy, cases

Scoliosis: Current Research, Treatment, Exercise & Outcome Data HOUR 1 1 hr JMC

- Research on current approaches to adolescent idiopathic scoliosis and adult degenerative scoliosis
- Benefit of non-operative treatment for AIS with Cobb degree guides
- Lateral electrical surface stimulation
- Scoliosis Exercise Options from Berdishevsky paper (7) – Mehta/Side Shift, Shroth, etc.
- Bracing options and outcomes
- Treatment Protocols using Cox® Technic described
- Cases: AIS and degenerative

Scoliosis: Current Research, Treatment, Exercise & Outcome Data HOUR 2 1 hr JMC

- Review and summarize hour 1
- Cases presented: history, exam, treatment, outcome with treatment demonstration
- Case: 76 y/o female with Bilateral Lower Extremity burning pain for 10 years.
- Case: Thoracolumbar Scoliosis
- Case: Adolescent idiopathic scoliosis