



Dates: April 17-18, 2021 RECORDED VERSION

Program Title: Part IV: The Thoracic Spine with Cox® Technic

Times: online

Instructors: James M Cox DC DACBR FIANM(Hon)(US); George Joachim DC DACRB; Ralph Kruse DC FIANM; Kurt Olding DC FIANM

Total CE Hours: 9 HOURS 59 MINUTES

Description: Chiropractic physicians are invited to join this weekend of thoracic spine care with the Cox® Technic System of Spinal Pain Management via various presentations: description of thoracic spine related conditions (exam/diagnosis/biomechanical tips), demonstration of treatments and protocols, and hands-on practice of treatment protocols and appropriate exercises. The interconnection of the vagus nerve, the autonomic nervous system, the celiac plexus, and the spine will be explored with references, treatment demonstrations, and hands-on practice (to include a new area of pull to force distraction). Finally, correlative spine manipulation and mobilization is a goal of this seminar, i.e., how does each spine area affect the full spine and how can chiropractic distraction spine manipulation contribute to the biomechanical correction for pain relief and disability reduction (of conditions like DISH, thoracic disc herniation, hyperkyphosis, upper thoracic syndrome, compression fracture, scoliosis, etc.)?

Goals/Objectives:

By the end of this weekend course, the attendees will have a list of research papers, diagnostic and examination tips, treatment protocols, exercises, and other ancillary treatment recommendations about thoracic spine conditions: DISH, thoracic disc herniation, hyperkyphosis, scoliosis (idiopathic/degenerative), compression fracture, and more. They will also understand more fully the relationship between spinal manipulation and the autonomic nervous system as medical literature documents today. Attendees will define the vagal nerve reflex and perform specialized manipulation (doming of the diaphragm/thoracic pump) and celiac plexus stimulation.

Topics:

Spinal manipulation of the thoracic spine, autonomic nervous system, vagus nerve reflex, hyperkyphosis, Scheuermann's disease, DISH, compression fracture, thoracic disc herniation, scoliosis (idiopathic/degenerative), upper thoracic syndrome, pull to force distraction, Cox® Technic System of Spinal Pain Management for thoracic spine

Outline:

Session 1 – 1 hr

Spine Research/DC Update/Thoracic spine Overview

Cox

- the forgotten/overlooked spine area
- biomechanics of thoracic spine
- current research of spine manipulative treatment efficacy

Session 2 – 1 hr

Thoracic Disc Herniation

Olding

- Abdominal pain and swelling - Carnett sign
- Uniqueness of thoracic disc herniation signs and symptoms
- More common than known in the past

Session 3 – 59 m

Thoracic Disc Herniation

- continued

Olding

Session 4 – 55 m

Upper Thoracic Syndrome (T4 Syndrome)

- Sympathetic autonomic nervous system stimulation
- A most important area for stress relief
- An epidemic in today's society

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Session 5 - 1 h 12 m

Hyperkyphosis

- Scheuermann's disease
- Case presentations with clinical and diagnostic diagnosis
- Cox® distraction spine manipulation and mobilization for relief
- Is surgery filled with potential adverse side effects?

Joachim

DISH

- DISH is more common and potentially morbid than considered
- Its incidence in chiropractic practice is profound
- thoracic spine (as well as other spine areas) involvement
- Vigorous high velocity manipulation can be iatrogenic
- treatment (demo)

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Session 6 - 57m

Scoliosis: Degenerative & Idiopathic

- Degenerative vs adolescent idiopathic
- Treatment protocols with Cox Technic (demo)
- Exercise options (demo): SEAS, Schroth, Mehta, Lyons
- What does literature state about clinical outcomes with non surgical treatment

Joachim & Cox

Session 7 - 53 m

Scoliosis: Degenerative & Idiopathic

- Continued - starting with "side shift" exercise

Joachim & Cox

Session 8 - 54 m

Compression Fracture

- Pathological versus traumatic
- Post-menopausal endocrinopathy
- Several mobilizing manual treatments for its care
- Nutritional aspects of osteoporotic compression fracture
- Are they overlooked on radiographs and are they multiple?

Olding

Manual Manipulation Techniques

- **Thoracic pump**
 - benefits for upper respiratory disease
 - treatment (demo)

Olding

Session 9 - 1 h

Manual Manipulation Techniques

- **Doming of diaphragm**
 - sympathetic nervous system release
 - conditions benefited with this technic: tight hamstrings, spondylolisthesis, etc.
 - treatment (demo)

.5 Hr

Joachim

Autonomic Nervous System Regulation (Vagus Nerve Reflex)

.5 Hr

Cox

- The two vagus nerves: their origin, course, and end organs
- Autonomic sympathetic versus parasympathetic imbalance
- When to stimulate sympathetic or parasympathetic nerves for desired benefit
- Somatosensory cortex changes with spine manipulation
- Is afferentation perhaps the most important benefit of spinal manipulation?

Session 10 - 1 h 9 m

Autonomic Nervous System Regulation (Vagus Nerve Reflex)

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- continued