



**Cox® Technic: Current Spine Care Approaches 2016**

**Instructor: James M. Cox, DC, DACBR, FICC, Hon.D.Litt., FACO(H)**

**Hours: 17.2 hours**

**PROGRAM DESCRIPTION:**

- Dr. Cox focuses these presentations around his daily hunt for the latest in spinal pain research in Pubmed and other outlets. He shares these findings with his spine colleagues in hopes of helping the spine pain public get relief of their pain as well as make the most informed decision for the choice of care for their individual condition. He does see the chiropractor as the back pain specialist who is an essential player in the spine healthcare system.
- Topics presented include patient cases (exam, diagnosis, treatment plan, outcome) and treatment demonstration, headache and the connection to the cervical spine, a thorough update of cervical spine research and clinical application of spinal manipulation for its pain relief, a brief description of Cox Technic in one hour, spondylolisthesis with all its nuances, a forward looking presentation of chiropractic and Cox Technic in the future of spine care, the chiropractic effects on cervical spine, thoracic spine and lumbar spine related pain, an adaptation of flexion distraction principles for knee and hip pain relief, and how ICD-10 coding and disc classifications are the necessary ties of practice to application.
- Streaming video demonstration of treatment technique is also incorporated.

**PROGRAM GOALS/OBJECTIVES:**

At the end of the course, the attendee will

- list osteoporosis facts of risk and prevention to share with patients.
- describe the appropriate application of Cox® Technic protocols 1 and 2 for cervical and lumbar spine conditions as well as tolerance testing.
- understand that Cox Technic is a valuable tool for neck and thoracic spine pain relief and not just for lumbar spine disc.
- discuss the research-documented biomechanical and clinical effects on the lumbar and cervical spine of chiropractic flexion distraction spinal adjusting based on federally funded research projects at Palmer, National, University of Iowa, Loyola Stritch School of Medicine, etc.
- list the five effects of Cox® Technic.
- note the scientific depth of research documentation of chiropractic's effectiveness.
- explain tolerance testing and why it is important.
- relate the ICD-10 coding structure disc classifications to their treatment .
- understand in more depth spondylolisthesis and the relationship of synovial cyst to it, osteoporosis, headache, GOIC syndrome, upper thoracic syndrome, myelopathy, perineural cysts, hyperkyphosis, and examination of the cervical spine.
- be confident in the future of the chiropractic profession as it has a place in spine care.
- appreciate the science behind flexion distraction protocols.
- see the connection of nutrition to spine and bone and overall health.
- more confidently share spinal conditions and chiropractic care's ability to relieve their pain.
- adapt flexion distraction application for for knee and hip pain.
- stretch patient hamstrings using doming of the diaphragm based on a published paper.
- have more facts and figures about chiropractic benefits to share with patients.

**Register and attend online today!**

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