



Cox® Courses: Current Spine Care Approaches 2017/2018

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

Hours: 25.25 hours

PROGRAM DESCRIPTION:

- Dr. Ronald Evans and Dr. James Cox team up for part of this series to discuss advanced learning focused on chiropractic clinical practice: the examination of the low back pain patient and the post-surgical continued pain patient. Dr. Cox also presents updated findings from the spinal literature that affect the back pain specialist’s practice, cases from his own practice, and nutritional updates for spinal health (focused on chondroitin sulfate, glucosamine sulfate and b vitamins). He delves into the adrenergic and cholinergic factors of healing as well.
- Dr. Cox moderates a series of doctor case presentations and supplements with spinal research: Cervical myelopathy, lumbar radiculopathy, synovial cyst, post-surgical continued pain cervical spine, post-motor vehicle accident neck pain, adult scoliosis with degenerative disc disease, hip pain and back pain care tips.
- Dr. Cox presents findings from the 69 post-surgical cases study with Cox Technic and explains the up-coming study to start summer 2018.
- Dr. Cox focuses the other 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 (conditions: spinal cysts, scoliosis with degenerative disc disease, sciatica, lumbar radiculopathy, opposite side of herniation pain, compression fracture, regrowth of disc herniation after spine surgery/16 year follow up, multilevel disc herniation, spinal stenosis, bilateral leg pain),, nuances and diagnostic considerations during the low back pain examination, the post-surgical continued pain patient concerns, new research outcomes and findings (spine surgery approaches, medical care approaches, chiropractic care approaches), chemical inflammation, depression and pain effects on back pain, spinal nutrition details, anti-inflammatory nutrients, patient report of findings, at home care instructions, exercises, support belt guidelines, public presentation notes of chiropractic care, and effects of chiropractic manipulation on the immune system.
- Streaming video demonstration of treatment technique - Cox Technic protocols I and II for cervical and lumbar spine as well as thoracic spine - is also incorporated. Demonstration is shared real-time of the forces applied to the spine during Cox Technic flexion distraction with a force measuring equipped Cox Table.

PROGRAM TOPICS:

- Orthopedic Examination of the spinal pain patient
- Post Operative Pain Syndrome (POPS) – Post Surgical Continued Pain (PSCP)
- Patient Education, the patient role in healing
- Biomechanical study of flexion distraction to cervical spine
- Nutritional elements of care: chondroitin sulfate, glucosamine sulfate, B vitamins, etc.
- Adrenergic and cholinergic factors
- Case Presentations from history to outcome
- Conditions and their care: synovial cyst, spinal stenosis, post-surgical, bilateral leg pain, sciatica, etc.
- Tips for treatment plan: bracing, nutrition, diet, exercise, etc.
- Treatment of lumbar, thoracic, and cervical spine conditions with Cox Flexion Distraction
- Afferentation and chiropractic and flexion distraction spinal manipulation
- Chiropractic and the immune system interactions/effects
- Inflammation processes, cytokines, opioids, pain processes, brain affects, ligands, nutritional factors

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