



Cox® Courses: Current Spine Care Approaches 2018

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

Hours: 17 hrs 39 mins

PROGRAM DESCRIPTION:

- 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 the latest on DRG and its role in back pain, disc degeneration/regeneration nutrition, myelopathy and its potential cooperative care, the biomechanical changes during manipulation, and the truth about chiropractic to contrast with the negative reports of manipulation and the dismissal of chiropractic in healthcare reports.
- 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: progression of osteoporotic compression fracture, recurrent L5S1 HNP after discectomy, PSCP/bilateral leg pain/stenosis, free fragment, stenosis/hip pain, stenosis).
- 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:

1. CASE REPORT SERIES #7—1 HR—(1) progression of osteoporotic compression fracture and (2) recurrent L5S1 HNP after discectomy
2. CASE REPORT SERIES #8—1 HR—(1) T6-7 HNP and (2) cervical spine fusion C5-7 with continued neck and shoulder pain and low back pain
3. SPINAL STENOSIS IN THE GERIATRIC POPULATION - PART 1—1 hour 15 mins- 76 year old female with bilateral leg pain and spinal stenosis, post-surgical continued pain syndrome
4. SPINAL STENOSIS IN THE GERIATRIC POPULATION - PART 2—1 hour - Spinal Stenosis L3 and L4, Advanced DDD With Vacuum Instability Of Both The Lumbar And Cervical Spines
5. SPINAL STENOSIS IN THE GERIATRIC POPULATION - PART 3—1 hour 10 minutes—Large L3/4 Free Fragment, Severe Spinal Stenosis with Right Hip Pain
6. SPINAL STENOSIS IN THE GERIATRIC POPULATION - PART 4—1 hour 11 minutes—Severe spinal stenosis in 48 year old, neurosurgeon recommends fusion, L5S1 HNP, L4L5 Stenosis in 57 y/o - **FEATURES full treatment video of patient with electrotherapy, etc., Thoracolumbar Stenosis in 80 y/o**
7. DISC DEGENERATION AND REGENERATION: 2018 UPDATE—1 hour 34 minutes—disc nutrition, regeneration, supplements, etc.
8. WHY WE PRACTICE AS WE DO (HISTORICAL PRINCIPLES OF COX® TECHNIC) – PART 1—1 hour—nervous system, anatomy, DRF, nerve pressures, OMT, adrenergic/cholinergic
9. WHY WE PRACTICE AS WE DO (HISTORICAL PRINCIPLES OF COX® TECHNIC) – PART 2—1 hour—SMT benefits circulation/nervous system, normal ROM, Minimal clinical difference, HVLA pressures
10. WHY WE PRACTICE AS WE DO (HISTORICAL PRINCIPLES OF COX® TECHNIC) – PART 3—1 hour—sciatica, motor return, SMT for muscle weakness/multifidees, traction, algorithms of FD, positives of SMT, distraction effects
11. MECHANISM, DIAGNOSIS AND TREATMENT OF BACK AND RADICULAR PAIN BASED ON FEDERALLY FUNDED RESEARCH—1 hour—biomechanical changes in the lumbar spine segmental levels when flexion distraction; Real-time footage of the spine facet joint and intervertebral foraminal alteration as well as intradiscal pressure measurements, disc space increase and afferentation will be shown and discussed.
12. THE TRUTH ABOUT CHIROPRACTIC PRACTICE: ANSWERS TO MISINFORMATION ABOUT CHIROPRACTIC—1 hour
13. THE TRUTH OF CHIROPRACTIC PRACTICE - Hour 2—1h
14. DRG: The Dorsal Root Ganglion—1 hr 16 mins
15. MYELOPATHY PART 1—1 hr 5 mins
16. OSTEOPATHY MEETS CHIROPRACTIC—1 hr 8 mins

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