

# cox flexion distraction

Cox Technic is spinal manipulation performed on a specially designed chiropractic instrument, which has a movable headpiece and a movable caudal piece (that part on which a patient's legs lie). Each section flexes, extends, laterally bends and circumducts (combination of flexion and lateral flexion), and long-y-axis plane distracts.

Cox Technic drops intradiscal pressure, widens the spinal canal, reduces pressure on the spinal nerves, and return motions to spinal joints.

The technique is appropriate for low back and leg pain as well as neck and arm pain conditions.

Additionally, it has been proven to reduce pain due to disc herniation, slipped disc, ruptured disc, facet syndrome, stenosis, spondylolisthesis, neck pain, arm pain, leg pain, sciatica, and much more.

Cox Technic is non-surgical, doctor-controlled, hands-on care for spinal pain conditions. It can effectively return a patient to his/her desired quality of life.



## **Appropriate Conditions:**

- Lumbar disc herniation
- Cervical disc herniation
- Thoracic disc herniation
- Spondylolisthesis
- Stenosis
- Degenerative disc disease
- Facet syndrome
- Pelvic pain
- Headache
- Compression defects
- Loss of spine lordosis
- Loss of range of spinal motion
- Whiplash-type injuries
- Scoliosis (to maintain mobility of the curve)
- Osteoporosis
- Transitional segment
- Pregnancy back pain
- Subluxation
- Postural faults
- Osteoarthritis of spine
- Patients unable to tolerate vigorous adjustment
- Synovial Cyst
- Coccydynia
- Mechanical back pain (such as that accompanying ankylosing spondylitis, collagen vascularizing diseases, pelvic pain, pregnancy)
- Fibromyalgia
- Neurological Diseases (such as multiple sclerosis, cerebral palsy, stroke)
- and more