



Back Column

Ted Showalter, D.C.
Showalter Chiropractic, Inc.
Optimum Health Clinic

March 2004

What is the Cox Technique?

The Lumbar Spine Adjustment

After undergoing a thorough examination which leads the doctor to a diagnosis of the back condition to be treated, the patient lies on a table that is built to traction the spine and also to produce motions that are normal for the spine. To attain these motions, the table goes "up and down" (flexion and extension), goes "side to side" (lateral flexion), or moves in a circular motion (circumduction). All movements are slow. The doctor will hold a spinous process (the back part of the vertebra that feels like a "bump" on your spine) to isolate a single segment for treatment. The distraction manipulation is applied manually by the doctor to the patient's low back at the levels of the spine to be treated or that are painful. **Tolerance testing** is performed prior to the application of distraction manipulation to be sure it causes no pain to the patient. This technique is designed to help patients with low back pain and leg pain.

The Cervical Spine Adjustment

The patient will lie prone (face down) on the table whose headpiece moves in motions that are normal for the cervical spine (Flexion, Extension, Rotation, Lateral flexion, and Circumduction). This headpiece allows traction to be applied to the cervical or thoracic spines alone or while these motions are being

administered. The doctor will hold the appropriate spinous process (back of the vertebra) of the cervical spine to isolate the level of pain or the level of vertebra to be adjusted.

Blowback research with Cox flexion distraction

The procedure is based on decreasing the pressure within the disc. This helps in the reduction of the disc bulge or protrusion. Research done by Gudavalli MR, Cox JM, Baker JA, Cramer GD, (all from NCC Patwarden AG (Loyola University Chicago): Intervertebral disc pressure changes during the flexion-distraction (Cox Technique) procedure for low back pain. *International Society for the Study of the Lumbar Spine Meeting Proceedings*, June 6-8, 1997, Singapore, pgs. 88-89. They showed that the disc pressure at L4-5 during five, four-second applications of the Cox technique with the downward motion decreased the disc pressure. **Cox Flexion-Distraction procedure significantly decreased the disc pressure in both the unpressurized and pressurized discs.** In the unpressurized discs, the pressure went into the negative range at the distracted position corresponding to the extreme downward motion of the table. The decrease in intradiscal pressure varied from 39-192mm Hg among the four discs tested in unpressurized mode, and the decrease was statistically significant. Injection of water

in the disc raised the initial disc pressure to a mean value of 456 mm Hg in the prone (on stomach) position. The decrease in pressure ranged from 117-720 mm Hg during the procedure and the decrease was also statistically significant.

CERVICAL SPINE STENOSIS TREATED WITH FLEXION DISTRACTION

In the *Journal of the Neuromusculoskeletal System* 10(4), 2002, RA Kruse and D Gregerson wrote a paper titled CERVICAL SPINE STENOSIS RESULTING IN RADICULOPATHY TREATED WITH FLEXION-DISTRACTION MANIPULATION. A CASE STUDY. A 60 year old male presented with complaints of pain and limited motion in his neck, with pain and weakness in his left shoulder and arm. These symptoms began after a fall approximately 4 months prior. His previous allopathic care included medication and physical/occupational therapy, which provided no significant relief. Cervical plain film radiographs demonstrated degenerative changes and the magnetic resonance imaging revealed multilevel central stenosis. The patient was treated with flexion-distraction manipulation, which provided significant relief of his subjective and objective findings. Cervical stenosis with resultant radicular and neurological complaints may be difficult to manage with both conventional allopathic and chiropractic treatment. Flexion distraction manipulative therapy may be an effective treatment option for these often-difficult cases.

Eliyahu. *J Of Manipulative And Physiological Therapeutics* 19(9): 80% of cervical and lumbar spine disc herniations helped by flexion

distraction adjustment. 63% showed MRI reduction in size

CONDITIONS TREATED:

DISC RELATED

For patients with a "slipped/bulging/ruptured/herniated" disc (**without** cauda equina syndrome), Cox[®] Distraction Manipulation provides the following benefits:

1. increases the intervertebral disc height to remove anular tension on the anular fibers and nerve by making more room and improving circulation;
2. allows the nucleus pulposus -- the center of the disc -- to assume its central position within the anular fibers and relieves irritation of the spinal nerve;
3. restores vertebral joints to their physiological relationships of motion;
4. improves posture and locomotion while relieving pain, improving body functions, and creating a state of well-being.

NON-DISC RELATED

For patients with other conditions causing back pain (facet syndrome, spondylolisthesis, sprain/strain, scoliosis, transitional vertebra, sacroiliac subluxation, stenosis), Cox[®] Distraction Manipulation provides all of the above benefits plus the ability to place the spinal joints into normal, painless movements so as to restore spinal motion without pain.

Cox[®]Decompression Adjustment & Manipulation is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly. We now employ this technique at our office. Call today for an appointment.

Reference: Coxtechnic.com



Welcome New Patients

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Terry Craig (referred by David Henderson...Thanks!)

Patricia Rollins (referred by Virginia McWherter...Thanks!)

Jerry Arnold (referred by Dr. Showalter...Thanks!)

Tim Mercer (referred by Pat Silver...Thanks!)

Jerry Hagan (referred by Jerry

Arnold...Thanks!)

Wendy Burns (referred by Dr. Showalter...Thanks!)

James Mathews (referred by Ginger...Thanks!)

Mark Hagan (referred by Jerry Arnold...Thanks!)

Sharon Tiller (referred by Ginger...Thanks!)

Joe Underwood (referred by Darlene Underwood...Thanks!)

Brenda Matlock (referred by Charlie Flora...Thanks)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Lauren how you can receive an extra bonus for sharing the good news about chiropractic.

Greg Albee

David Adams

Valery Kinzer

Kathy Lewis

Mendy Brooks

George Diamantis

MARCH IS NATIONAL NUTRITION MONTH

TAKING ON TRANS FATS

By Patrick Perry

Move over saturated fat. There is a new villain in town. For decades, saturated fat has been the proverbial "bad boy" of health, but scientists believe that a man-made fat, called trans fatty acid, may play a major role in the escalating rates of heart disease and obesity that we see in the United States and beyond.

Trans fat is a specific type of fat, formed when food manufacturers turn liquid oils into solid fats, such as shortening and hard margarine. Like saturated fats, trans fatty acids raise low-density lipoprotein (the so-called bad cholesterol) and lower high-density lipoprotein (its good counterpart) in our bodies, both contributing to coronary heart disease. To provide consumers with more information to make better choices, the Nutrition Labeling and Education Act of 1990 required manufacturers to list useful health information about the food consumers eat—a list that included the saturated fat content.

More recently, scientists and health experts became concerned about mounting studies linking the health hazards of the "nonlisted" trans fatty acid content in food that adults and youth routinely consume. After years of debate, earlier this year the FDA mandated that food companies list trans fatty acid content, giving companies a 2006 deadline in which to comply with the new guidelines.

The FDA estimates that the average daily intake of trans fat in the United States population is about 5.8 grams per day. Given where trans fats are found, some advocates believe the figure is much higher. Trans fats are found in crackers, candies, cookies, snack foods, fried foods, fast foods, salad dressing, and other processed foods that list "made with partially hydrogenated vegetable oils" in their ingredients. If you look through your pantry at the ingredient list, you will be surprised at how often hydrogenated oil appears as an ingredient.

As a rule of thumb, experts say to keep trans fat and saturated fat consumption low and replace them with mono- and polyunsaturated fats, which do not raise LDL and have health benefits when consumed in moderation.

Lauren's Healthy Recipe's

Cod with Italian Crumb Topping This recipe is a good, low-fat, and quick cod recipe.

1/4 cup fine dry bread crumbs	1/8 tsp garlic powder
2 TBL grated Parmesan cheese	1/8 tsp ground black pepper
1 TBL cornmeal	4 (3oz.) cod fillets
1 tsp olive oil	1 egg, lightly beaten
1/2 tsp Italian seasoning	



Preheat oven to 450 degrees F. In a small shallow bowl, stir together the bread crumbs, cheese, cornmeal, oil, Italian seasoning, garlic powder and pepper. Set aside. Coat the rack of a broiling pan with cooking spray. Place the cod on the rack, folding under any thin edges of the filets. Brush with the egg, then spoon the crumb mixture evenly on top. Bake in a preheated oven for 10 to 12 minutes or until the fish flakes easily when tested with a fork and is opaque all the way through.

Source: Allrecipes.com

Question of the Month:

Q. Cox decompression technique decreases the pressure in an unpressurized disc by how much?

- A. 39-192 mm Hg
- B. 117-720 mm Hg
- C. 20-80 mm Hg
- D. 1000-1500 mm Hg

The first patient to call with the correct answer will win a **FREE** massage and T-shirt. (once per patient, please). The answer to last month's question was: **B. 36.6 %** There was no winner this month.

Our **Patient of the Month** for March is **George Diamantis**. Congratulations! **George** will receive a \$40 gift certificate to the Hamilton Place Mall area.

A random number is picked each month so everyone has a chance to win!!

Be sure and tune in to 102.3 FM every Wednesday night from 7-8 PM for Optimum Health Hour. Dr. Showalter will be discussing health and chiropractic topics. Call in your questions at 267-1023.

Happiness comes through doors you didn't even know you left open.

Don't let a little dispute injure a great friendship

Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

B vitamins: All you need to know

Pantothenic Acid—Vitamin B5

Vitamin B5, also called pantothenic acid, is one of eight water-soluble B vitamins. These B vitamins, often referred to as B complex vitamins, are essential in the breakdown of fats and protein. B complex vitamins also play an important role in maintaining muscle tone in the gastrointestinal tract and promoting the health of the nervous system, skin, hair, eyes, mouth, and liver.

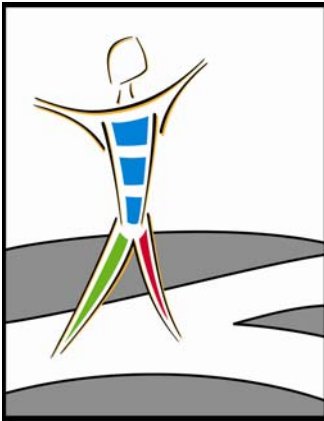
In addition to playing a role in the breakdown of fats and carbohydrates for energy, Vitamin B5 is critical to the manufacture of red blood cells as well as sex and stress-related hormones produced in the adrenal glands (small glands that sit atop of the kidneys). Vitamin B5 is also important in maintaining a healthy digestive tract and it helps the body use other vitamins (particularly B2 [riboflavin]) more effectively. It is sometimes referred to as the "anti-stress" vitamin because it is believed to enhance the activity of the immune system and improve the body's ability to withstand stressful conditions.

Vitamin B5 can be found in all living cells and is widely distributed in foods so deficiency of this substance is rare. Symptoms of a vitamin B5 deficiency may include fatigue, insomnia, depression, irritability, vomiting, stomach pains, burning feet, and upper respiratory infections.

Pantothenic acid gets its name from the Greek root pantos, meaning "everywhere," because it is available in a wide variety of foods. A lot of vitamin B5 is lost in processing, however. Fresh meats, vegetables, and whole unprocessed grains have more vitamin B5 than refined, canned, and frozen food. The best sources of this vitamin are brewer's yeast, corn, cauliflower, kale, broccoli, tomatoes, avocado, legumes, lentils, egg yolks, beef (especially organ meats such as liver and kidney), turkey, duck, chicken, milk, split peas, peanuts, soybeans, sweet potatoes, sunflower seeds, whole-grain breads and cereals, lobster, wheat germ, and salmon.

Source: www..parentsplace.com

Next Month...B6



Ted Showalter, D.C.
Showalter Chiropractic, Inc.
Optimum Health Clinic
8106 Standifer Gap Rd, Ste B
Chattanooga, TN 37421
Phone: 855-5053
Fax: 855-5856
chirodc.com

We're on the web!

**chirodc.com or e-mail us at
chirodcs@yahoo.com**

**Contact us today to subscribe to our free monthly
newsletter! Listen every Wednesday 7-8pm on
talk radio 102.3FM for Optimum Health Hour**

Join us for **MARCH MADNESS!!**

Come for an office visit in March and **GO MAD !!**

The whole month of March we will be drawing a winner at the end of each week from among the patients who have kept their regularly scheduled visits. Just keep your appointment and your name will be placed in a drawing and if you win, you get your choice of a free massage or adjustment. As an extra bonus, if you refer a new patient, not only will you receive your regular referral reward, you will also have your name put into the drawing twice.

So keep your appointments and refer someone new to increase your odds of winning your choice of a **FREE** massage or a **FREE** adjustment. *Not valid for PI or Workers comp cases

