



Summary of the  
Cox® Technic Interdisciplinary Management of Spine Pain  
Part III Course  
October 11-12, 2008  
Fort Wayne, Indiana  
Lutheran Hospital, Kachmann Auditorium

\* All Proceeds go to support Dr. Gudavalli and flexion-distraction research projects. \*

*The Ultimate Learning Experience*  
Researched Patient Applied Chiropractic Care

Chiropractic Cox® Technic in the Interdisciplinary Care Progression of Spine Pain to include  
Progression of Patient Care of Spine and Radicular Pain: Admission to Dismissal  
Consideration of the Role of the Examination, Chiropractic Management, Pain  
Control, Mind/Body/Spirit Connection, Neurosurgery

*"This has been the most fulfilling seminar that I have attended."  
- Raymond Sanders DC*

*START WITH THE PATIENT AS S/HE COMES TO THE OFFICE, USUALLY WITH IMAGING & MANY TEST RESULTS*

**Initial Appointment to Release from Care** — *Dr. Cox's clinic brought to you .*

Saturday opened with Karl Cid, Cox® Clinic's office manager, going through the first patient contact via phone, discussing the typical patient concerns with insurance and skepticism that they have come to the right doctor for their problems, sharing the forms of data that are collected. He shared that compassion, humor and listening are best for these times. Dr. Cox then went over the examination procedure and report of findings routine, reminding everyone not to leave out any tests from the initial examination. Leans to the right or left, extent of pain into the extremity (ies), and onset of extremity pain's appearance in relation to the back pain are some of the most telling clues in diagnosis.

**The Research Support** — *Dr. Ram Gudavalli presents the research supporting this care. Patient care is monitored by pressure transducer force.*

Dr. Cox introduced Dr. Ram Gudavalli, principal investigator of many flexion-distraction research projects and the first chiropractic researcher to focus on flexion-distraction and move Dr. Cox's desire of building the research and science base for the technique started coming to life in 1991 with Dr. Gudavalli's arrival at National University of Health Sciences. The first federal grant was awarded in 1994. Dr. Gudavalli reviewed the results of his studies — biomechanics and randomized-clinical-trial of low back pain patients in which flexion-distraction shone in the care of radiculopathy, chronic-mild, chronic-severe, chronic-moderate. Active Exercise (PT case in the medical conservative mode of comparison) showed better results for chronic-recurrent. From there, Dr. Gudavalli shared the transducer that is used to measure the forces (X, Y, Z) a doctor applies to the spine during an adjustment. The initial study's findings can be read in his article proceeding.

**Live Patient Clinical Rounds** — *Dr. Cox presents the diagnosis and treatment of his clinical patients.*

Dr. Cox then welcomed and shared current patients from his practice. He described their imaging. The patients described their experiences with the current episode of pain. Dr. Cox demonstrated treatment of their conditions, and Dr. Ram Gudavalli measured the pressure forces applied to each of their spines as Dr. Cox treated them for comparison purposes. To this end, Dr. Cox had chosen patients of varying physical builds as well — small, osteoporotic female; tall, athletic middle aged male in good condition; and a large, middle-aged, deconditioned male with back pain. Amazingly, the forces were similar for all. Such data will one day work its way into a large-scale, published article.

### *IF THE PAIN NEEDS A LITTLE EXTRA ATTENDING TO...*

#### **Practical Approaches in Interventional Pain Management** – Daniel H. Nolan, MD

Dr. Nolan most capably shared the many and varied options for pain management in patients suffering with back pain. The fluoroscopic images of application really made his procedures vivid. From steroid injections to discograms, he described the pros and cons as well as the appropriateness of each procedure for the properly selected patient.

### *IF THE TREATMENTS AND THE MEDICAL PAIN CONTROL NEED A LITTLE EXTRA ...*



#### **Mind/Body Connection in Pain Control**—*a must for any doctor treating spine pain* – Rudy Kachmann, MD

Dr. Kachmann, medical director for the Kachmann Mind/Body Institute, the founding neurosurgeon of Fort Wayne Neurology which consists of 21 neurologists and 9 neurosurgeons, and author of several books on mind/body and diet and health issues, has been lead by his experiences of 40 years of medical practice to consider other factors affecting patient symptomatology. A professional life long friend with Dr. Cox, Dr. Kachmann has come to know chiropractic. His persona is charismatic and empathetic. It is apparent that he cares for his patients and wants what is best for them. He recognizes the place for surgery in the care of spine pain, but also recognizes the need for lifestyle modification that will lead to a healthier life – diet, yoga, meditation. He gave a presentation on the Nocebo/Placebo effect of doctors and their procedures on patients. He shared insights in the Mind/Cancer connection. Then, he concluded with his Mind/Body/Spirit Connection lecture which pulls it all together to help the attending doctors see that they are not just treating the symptoms of pain, but rather they must see the whole person to truly help the patient. Granted, some patients are not seeking such, so only so much effort can be made, but he encouraged all the doctors to consider this approach for those patients who are at a point in their lives that they are open to consideration beyond medicine, surgery, pills. Dr. Kachmann is most pleased to share his *20 Prescriptions for Health*. For more information on Dr. Kachmann, his practice, his Mind/Body Institute, his books, please check [www.kachmannmindbody.com](http://www.kachmannmindbody.com) He shared a tour of his Mind/Body Institute with the attending doctors as well. We appreciate Dr. Kachmann's support of this weekend.

### *THEN, IF AND AS NEEDED ...*

#### **Neurosurgery of the Spine** – *When it is time & what is the best surgical approach?* – James Dozier, MD

A partner of Dr. Kachmann's, Dr. Dozier followed with a discussion of the surgical approaches to spine pain that are available from a neurosurgeon. However, his opening remarks truly set the tone for his lecture. He explained that when he saw the title for his section in the outline for the weekend, he was a bit chagrined as he prefers to not do surgery. A conservative surgeon, he is. His lecture, though, was most demonstrable of the procedures neurosurgeons do: the pros/cons of each, the appropriateness of each for which patient population, the potential outcomes. The attendees appreciated his remarks and his descriptions of the patients that may potentially come to their offices after such a surgery or to their offices avoiding such a procedure.



#### **Hands-On** – *Attending doctor hands-on adjusting will be encouraged and measured with the transducer.*

Attending doctors then worked at the two [Cox®7 Tables that Track Corporation](http://Cox7Tables.com) provided for the weekend. Gib from Track was on-hand to answer any questions as well. Dr. Gudavalli allowed everyone who chose to use the transducer to see their application forces of the technique. A great learning tool! Even long-time certified doctors can finetune their application of Cox® Technic protocols.

#### **Dinner** at Biaggi's Italian Steakhouse

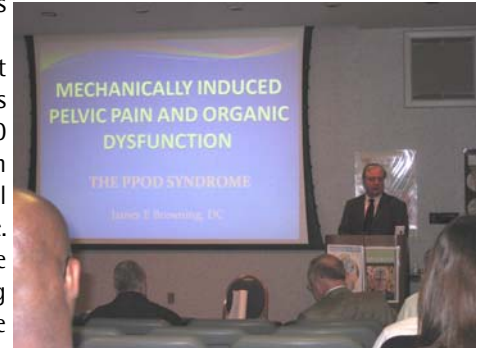
About 2/3 of the attending doctors then met for an evening of food, fun and relaxation. Great camaraderie and wonderful food!

Sunday, October 12, 2008—*Special Topics & Cervical Spine*

*"Dr. Cox and the speakers at these seminars know too much and we NEED to learn from them!"  
- Tony Popp DC*

**Pelvic Pain and Organic Dysfunction: The PPOD Syndrome** – James Browning, DC

A longtime friend and colleague of Dr. Cox's going back to the days of the first chiropractic clinical data collection group Dr. Cox started in the 1980's (International Society for the Study of Low Back Pain) which collected the 1000 cases of back pain which reported the number of days and visits to maximum improvement with flexion-distraction, Dr. Browning has focused his educational efforts on the study of the PPOD syndrome and its relief utilizing Cox® Technic. His 45 minutes presentation amazingly skimmed the surface of the symptomatology, diagnosis, and treatment of this syndrome. The attending doctors look forward to more detail when Dr. Browning's textbook on the epidemic problem of pelvic pain and its related spinal neurology is available. It is at the publisher currently.



**Patient Case Presentations moderated by Dr. Cox** – 10 short minutes each. Granted it was a challenge, but each presenter lived up to the challenge!



**Jack Dolbin DC CSCS:** Dr. Dolbin presented on the importance of returning a patient to active care as soon as possible. He further shared his office setup which is filled with rehabilitation units for his patients and the teams' members which he cares for during their respective sports seasons. His opening comment that his son told him at another meeting that his SuperBowl Ring from his time with the Broncos was more a hit than his talk was not true. The ring is awesome, but his talk was, too!

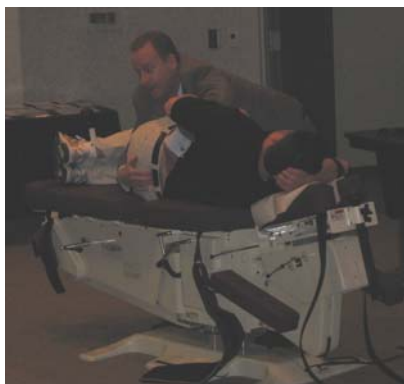
*"The quality of the presentations, the material presented and the caliber of the attendants always make these meetings some of the best I have attended."  
- J. Browning DC*



*Dr. Ram Gudavalli,  
Dr. Cox, Dr. Kruse*

**Ralph Kruse, DC, DABCO: Chiropractic Treatment of a Pregnant Patient with Lumbar Radiculopathy**

One of Cox® Seminars' instructors, Dr. Kruse ably presented his published paper, co-authored by Sharina Guadavalli DC, prior to her untimely death in July 2007, on treating the pregnant patient (and patients in too much pain to lie prone). It was well received in the chiropractic research world as it shared in the literature a procedure as yet unpublished.



*Dr. Kruse demonstrating side-lying position Cox® Technic as published in his article.*



*Sharina Guadavalli DC*

**SPECIAL:** Dr. Cox, Dr. Kruse and Dr. Ram Gudavalli announced plans to collect funds to purchase a Cox®7 Table from TRACK Corporation to place in a community outreach clinic (Palmer Outreach Clinic) in her name as she was such a giving member of the community, a Palmer graduate, and a caring person to all those in her life. Any size donations will be gratefully accepted. Palmer will send you a tax-deductible receipt.

**Checks** can be made out to PALMER COLLEGE OF CHIROPRACTIC (*memo: Cox® Table in memory of Sharina Guadavalli DC*) and sent to  
KARLA JOHNSON,  
PALMER DEVELOPMENT  
1000 BRADY ST  
DAVENPORT IA 52803

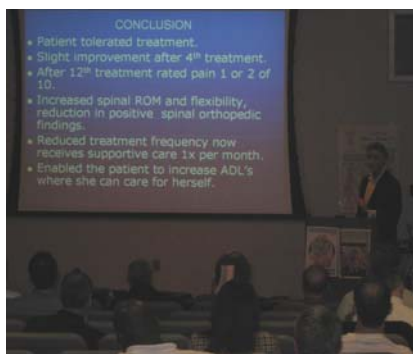
**Credit card donations** can be called into Karla or Lois at 1-800-722-2586 x3 or x4.

**THANK YOU!**

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**Ram Gudavalli PhD**  
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**Mike Poulin DC: Treatment of Lumbar Degenerative Disc in a Patient with Very Severe bilateral Avascular Necrosis using Cox® Technic Protocols**  
 Excellent presentation on a challenging case. Dr. Poulin also share how important nutrition, Discat Plus especially, is in his practice.



**Theodore Siciliano DC: Lumbar Spine Degenerative Disc Disease with Spondylolisthesis Treated with Cox® Decompression Adjusting**  
 Another excellent presentation on the case of a "common" condition seen in practice every day!



**Jim Orphan DC: L5S1 Free Fragment with Foot Drop Successfully Handled with Cox® Technic**  
 Beautiful case treated handily with flexion-distraction Cox® Technic presented by Dr. Orphan.



**"I enjoyed the format of the seminar and every speaker contributed something valuable." – R. Lees DC**



**Al Unruh DC: Multi-Level Surgery For Severe Spinal Stenosis Cancelled Thanks To Cox® Technic**

The charismatic presentation by Dr. Unruh shared this exciting case of a patient headed to surgery who didn't really want surgery who worked with Dr. Unruh to avoid it. Dr. Unruh also shared information on a new lotion he has found to be very helpful, non-toxic for patients in office and at home.

To bring to a close the lumbar portion of the weekend, Dr. Cox shared another patient case from his clinic: a post-surgical, plate/screw patient whose pain is managed with Cox® Technic not another surgery.

**THE GREAT FRONTIER OF COX® LONG Y AXIS AND FLEXION DISTRACTION ADJUSTING - YOUR GREATEST NEW ADJUSTMENT ADDITION TO PATIENT CARE**

**Cervical Spine** – *Biomechanics and Flexion-Distraction Decompression Adjusting with Hands-On Adjusting by Attending Doctors* – James M. Cox DC DACBR

Dr. Cox shared cases via images of cervical spine and thoracic spine pain, gave a brief reminder slide presentation of the intimacy of the cervical spine anatomy, then demonstrated cervical and thoracic spine treatment.



The weekend was fast-paced, filled with tidbits of information everywhere, collegiality, hospitality and lots of research and science to carry back to the clinic on Monday morning!

**Plan to join us in 2009 for the 4th Annual Cox® Interdisciplinary Seminar!**

[www.coxtechnic.com/calendar.asp](http://www.coxtechnic.com/calendar.asp)

**Thank you!**



Dear Dr. COX-CID

**RE: Cox® Table in Memory of Sharina Gudavalli PhD**

We are following up with you from the Part III Cox® Seminar in Fort Wayne a couple weeks ago. At that seminar, **Dr. Ralph Kruse** presented one of the several papers he and Dr. Sharina were working on at the time of her untimely death in July 2007. The desire to "do something" in her memory by so many was presented to **Dr. Ram Gudavalli, Dr. Sharina's father and flexion-distraction's principal researcher.** Dr. Ram took time to consider what might be most appropriate.

At the seminar, **Dr. Cox** announced that a table would be placed in a clinic that served a community's less fortunate and that he would be the first to **donate \$1000** to this memorial.

**Thank you to all of you who wrote a check on the spot and told me to be sure to keep in touch once the details for the donation were established.**

**WHERE THE TABLE WILL GO ...**

Since the seminar, Dr. Ram has worked with Palmer University to establish a special collection fund to gather the funds to purchase a table and put it in the **Palmer Outreach Clinic** in Dr. Sharina Gudavalli's name.

**WHERE TO SEND THE DONATION ... AND HOW TO GET A TAX-DEDUCTIBLE RECEIPT**

**Karla Johnson**, the Senior Development Officer of Palmer College, will receive the funds, send a tax-deductible receipt to the donator (give her your address!), and arrange for the purchase and placement of the table.

**DONATION...**

Any amount is more than appreciated. Thank you. You can

**1 - send a check**

- made out to "PALMER COLLEGE OF CHIROPRACTIC"
- memo line "The Cox® Table in Memory of Sharina Gudavalli DC":

KARLA JOHNSON  
PALMER COLLEGE OF CHIROPRACTIC  
PALMER DEVELOPMENT OFFICE  
1000 BRADY STREET  
DAVENPORT IA 52803

**2 - use a credit card**

Call Karla or Lois at **1-800-722-2586** x 3 or x4

Thank you again for your consideration and your generosity.

Most sincerely,  
Julie Cox-Cid and James M Cox DC DACBR



**WHO SHARINA IS...**

Dr. Sharina was a most giving person in her community relationships, in her personal relationships and her professional relationships. She was the shining light in working with doctors to publish their case reports and papers. We miss her deeply!

Dr. Ram has relayed several stories from her youth and young adulthood of her concern for the less fortunate, and he thought putting a Cox® Table in a clinic that reaches out to the less fortunate would be most appropriate.

Her being a Palmer graduate as well, Palmer is most appreciative of this opportunity to help honor her as well.

**Please feel free to contact Dr. Ram, Julie or Karla if you have any questions.**

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**THANK YOU.**