Cox Flexion Distraction Method for Disc Injuries

Cox flexion distraction is a joint-manipulation method that is a safe and effective way to manage spinal pain, including pain caused by disc herniation. The flexion distraction method can work to greatly dissipate intra-disc pressure, and to widen the spinal canal. It works by decompressing the spine, resulting in pain relief and the method can also render the spinal joints more mobile, resulting in healthier backs. The method can be used on patients suffering lower back pain. However, the technique is also effective on those suffering from neck, arm and leg pain.

The technique is a well-researched and effective method. It is a form of spinal manipulation that relies on non-force adjustment, and is an effective manipulation of disc decompression. It provides a non-surgical alternative to pain relief when performed by chiropractic professionals, and allows the spine to heal naturally. The technique is based on both osteopathic and chiropractic principles and works to provide a relatively fast method for relief of pain. The Flexion-distraction technique uses a table to restore normal physiological range of motion to the cervical, thoracic and lumbar spinal joints. Flexion-distraction manipulation is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly.

The flexion distraction technique can relieve not only joints, but nerve pressure and disc compression, which underlies the pain a patient experiences. The technique relies on a doctor of chiropractic specialist applying small and precise amounts of flexion distraction to the area of the spine or body part suffering the compression or herniation. When the technique is applied to the spine, as in patients with back pain, the spinal vertebrae are pulled away from each other in gentle intervals as negative pressure works to draw the disc into its proper position. This therefore relieves nerve compression and pressure, moves disc fluid back into the disc, and therefore alleviates pain.
The technique is relatively simple, for someone trained in its application, and is typically not uncomfortable for patients. A patient lies on a table and has their vertebrae stabilized, while simultaneously pushing down on the section of the back beneath the vertebrae. This then creates the necessary force for flexion distraction.

Rehabilitation programs utilizing the technique typically run for twelve treatment sessions. In some studies more than 66% or 2/3 patients report health improvement from these simple sessions, in terms of their pain management.

The technique has been found to not only reduce intradiscal and nerve pressure and to widen the spinal canal, but also to:

- Improve posture
- Improve the range of motion in joints & limbs (arms, legs, and shoulders)
- Restore mobility
- Restores a healthy range of motion to the cervical, thoracic and lumbar spinal joints
- Improve nervous system communication
- Increase circulation
- Improve symptoms of sciatica
- Rehabilitate spinal surgery patients
- Mobilize discs in a gentle manner

The Flexion Distraction technique has been found to be significantly beneficial in patients suffering from herniated, slipped, or ruptured discs. Dr. Hamilton can easily coax the disc back into its proper positions after several treatment sessions, thereby relieving the discomfort of the injured discs, don’t live in pain, come see him today. Call for your appointment.

Resources: