

Flexion-Distraktion

Flexion-Distraktion technique uses a special precision table that makes circular and vertical movements to release disc and spinal pressures. The movement, guided by the hands of a chiropractic physician, creates a suction effect to allow a disc to return to its normal height or a joint to its normal range of motion.

The technique's founder, Dr. James Cox (a National graduate) explains Flexion-Distraktion as a marriage of chiropractic principles with osteopathic principles. These principles were set forth by Alan Stoddard, DO, in his book 'Manual of Osteopathic Technique' which described the manipulative procedures developed by John McManis, DO, in the early 1900's.

Since the early 1970's, Dr. Cox has refined the technique; developed a manipulation instrument for effective use of the technique; conducted clinical and experimental research; lectured around the world; and written well-received articles, chapters for textbooks, and textbooks.

Flexion-Distraktion is well-studied, widely accepted and an effective treatment for a variety of spinal conditions. Federally funded research has proved the following about Flexion-Distraktion technique:

- It reduces intradiscal pressures
- It increases intradiscal height
- It increases foraminal size

Studies show that more than two-thirds of patients report excellent to good improvement with a typical rehabilitation program of 12 treatments.

While seen as the chiropractic physician's treatment of choice for disc herniation or ruptured discs, the Flexion-Distraktion technique can also successfully treat:

- Failed back surgical syndromes
- Sciatica / leg pain
- Stenosis
- Arm and neck pain
- Chemical radiculitis
- Spondylolisthesis
- Synovial Cyst
- Headache
- ...and much more