

MEDX SPINAL REHABILITATION

WHAT IS MEDX

MedX Medical Lumbar and Cervical Machines isolate and strengthen the deep spinal musculature — the muscles conventional rehab cannot effectively reach because the pelvis recruits and substitutes during loaded exercise. Backed by 30+ years of clinical research at the University of Florida and UCSD, MedX is widely used for chronic low back pain, post-surgical recovery, cervical pain, and patients who have plateaued in physical therapy.



WHAT MAKES MEDX DIFFERENT

- **Pelvic Stabilization:** Patented restraint system eliminates pelvic compensation, isolating the lumbar extensors during loaded movement.
- **Quantifiable Progress:** Each session generates objective strength and ROM data, allowing measurable benchmarks rather than subjective improvement.
- **Effective After Plateau:** Patients who have failed conventional PT often respond to MedX once the deep stabilizers are properly loaded.
- **Surgical Avoidance & Post-Op:** Effective both for patients hoping to avoid surgery and those still symptomatic after spinal procedures.
- **Twice-Weekly Protocol:** 30-minute sessions, 2x weekly. Most patients see meaningful improvement within 8-12 sessions.

PROGRAM SPECIFICS

- **Initial visit:** 30-minute computerized testing to establish baseline ROM and strength.
- **Treatment phase:** 30-minute sessions, 2x weekly.
- **Reassessment:** After 10-12 sessions, repeat testing measures objective progress.
- **Results:** Each patient receives measurable strength and motion benchmarks rather than subjective endpoints.

DID YOU KNOW

Peer-reviewed research from the University of Florida and UCSD has demonstrated MedX's effectiveness in increasing isolated lumbar extension strength, reducing chronic low back pain, and producing measurable functional improvement in patients who had failed prior conservative care. The equipment's mechanical isolation of the spinal extensors is what conventional rehabilitation tools cannot replicate.



LEARN MORE:
FixBackNeckPain.com
(425) 758-4619
2447 152nd Ave NE,
Redmond, WA 98052

MEDX MEDICAL SPINAL MACHINES

The MedX Medical Back and Neck Machines isolate and strengthen the deep spinal musculature with a degree of mechanical specificity unavailable in conventional equipment. Effective in both acute and chronic presentations, MedX is used preventatively, therapeutically, and post-surgically. Below are the conditions where I most frequently use MedX in my practice:

MEDX BACK MACHINE

1. **Chronic Low Back Pain:** Lumbar extension loading reaches the deep stabilizers conventional PT cannot isolate.
2. **Post-Surgical Recovery:** Effective for failed back surgery syndrome and post-fusion deconditioning.
3. **Core & Postural Stability:** Builds segmental support that translates to functional movement.
4. **Recurrence Prevention:** Strengthens the spine against re-injury after initial recovery.
5. **Lumbar ROM Restoration:** Measured pre/post via on-equipment testing.
6. **Degenerative Disc Disease:** Symptom management and functional preservation.
7. **Radiculopathy:** Strengthens spinal stabilizers to reduce nerve impingement and referral.

MEDX NECK MACHINE

1. **Chronic Cervical Pain:** Mechanical loading of deep cervical extensors.
2. **Cervical Spondylosis:** Strengthening reduces compensatory loading.
3. **Forward Head Posture:** Restores deep cervical extensor tone.
4. **Post-Concussive & Whiplash:** Cervical strengthening protocol for delayed recovery.
5. **Cervicogenic Headache:** Targets the muscular component of tension-pattern headaches.
6. **Cervical Stabilization:** Supports rotational and resistance demands of daily function.
7. **Recurrence Prevention:** Maintains gains following acute episode resolution.

CLINICAL APPLICATION

Both machines provide mechanically isolated loading of the spinal extensors. This isolation — impossible to achieve with conventional equipment — is what allows the deep stabilizers to be progressively strengthened in patients who have failed prior conservative care, who are recovering from spinal surgery, or who are managing chronic mechanical low back and neck pain.



RESEARCH VALIDATION

Research from the University of Florida and UCSD has established MedX as the most effective tool available for isolated lumbar and cervical extension strengthening.

University of Florida studies have demonstrated significant pain reduction and functional improvement in patients with chronic low back pain after MedX protocols, including patients who had failed prior conservative care. UCSD research has reinforced the role of isolated spinal strengthening in long-term outcomes.

I trained and certified through the University of Florida MedX program and have been integrating this protocol into my practices for 35+ years.