

## Cox Flexion Distraction Technique

Flexion Distraction Technique has become the most widely used approach to treating symptomatic disc injuries and the accompanying leg pain.

Flexion Distraction involves a specialized table that gently distracts – or stretches – the spine, allowing Dr. Miller to isolate the disc involved slightly flexing the spine in a pumping motion.



Flexion Distraction is commonly used as an alternative to back surgery or for surgical patients in the rehabilitation phase who want to improve their recovery results.

Similarly, Flexion Distraction can be used for treating the discs of the neck, using a special Head & Neck device. Dr. Miller is one of the few Chiropractors in Wisconsin treating her patients in this way.

Flexion Distraction also restores range of motion in the joints and muscles, thereby increasing flexibility and improving posture.