



# ONX-SPINE AND HIP MOBILIZATION SYSTEM

A Case Study

Dr. John Stephen, PT,PPD, Cert.MDT, MT

# CLINICAL CASE STUDY.

- Andy Junior is a 32 year old body builder and PT who complaints of low back pain and radiating symptoms to right leg.
- Reported immediate onset of symptoms while lifting a 200Lb wt
- All flexion activities reproduced back pain radiating pain, tingling and occasional numbness in right lower extremity .
- Radiating symptoms in L4-S1 dermatomes.



# CASE STUDY CONTD.

- Junior ambulates with a right antalgic gait and complaints of difficulty with ascending and descending stairs.
- Functional limitations include difficulty driving for more than 15 minutes, sitting in front of a computer for more than 10 minutes, lifting one year old son and walking fast.

# CASE STUDY CONTD.

- Temporary relief reported with using Vicodin and moist heat to low back.
- Patient also reported relief of both back pain and leg symptoms when prone lying.
- Better with walking

# EVALUATION&TREATMENT.

- A Mckenzie based evaluation was performed and the PT diagnosis was unilateral asymmetrical derangement (below knee).
- Directional preference was extension and repeated extension centralized right lower extremity radicular symptoms.
- Extension exercises in prone lying centralized radicular symptoms and decreased low back pain.
- Recommended patient do 3-4 sets of press ups at home 3-4 times a day.
- After a week patient reported that he has 50% symptom relief and couldn't do much press ups as he has some right shoulder pain from lifting

# INTERVENTION

- A trial of repeated extension exercise using OnX table was recommended.
- **OnX**: Repeated Lumbar Extension exercises was programmed for 60 initial reps
- Concept based on Lumbar extension principles.
- Belt was positioned to provide over pressure . After 10 reps patient reported pain centralizing and after 25 reps all his symptoms were abolished.
- Treatment was repeated for the second visit that same week and Andy reported no more radicular symptoms but mild low back pain in right side only
- 100 more LUMBAR EXTENSION repetitions were provided through Onx and all symptoms were abolished and progress was maintained with home program.



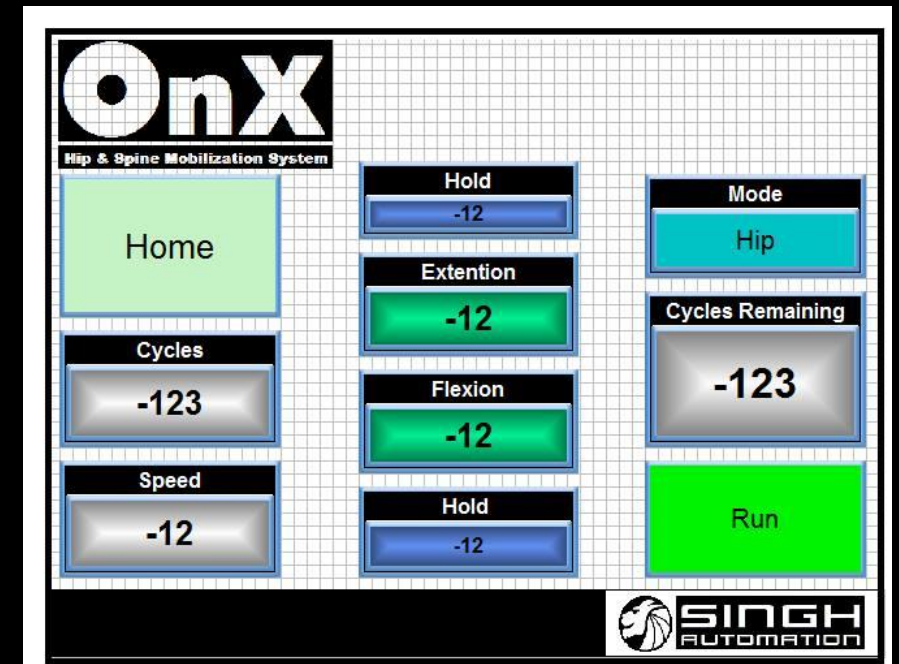
# ONX CONTD.

- OnX was originally designed by a mechanical engineer and a spine specialized physical therapist.
- OnX is the only best in class clinician supervised hip and spine passive exercise/mobilization table in the world.
- OnX implements evidence based principles



# ON X CONTD.

- OnX is equipped with a touch screen control panel which allows the therapist to enter the exact angle of repetitive motion and desired number of cycles.
- Once programmed, the OnX table automatically and passively exercises the patients lumbar spine or hip to its fullest available extension or flexion range.





# BENEFITS CONTD.

- Restoration of function.
- Enhanced compliance
- Patients who are generally weak or has upper extremity issues preventing them from doing press ups



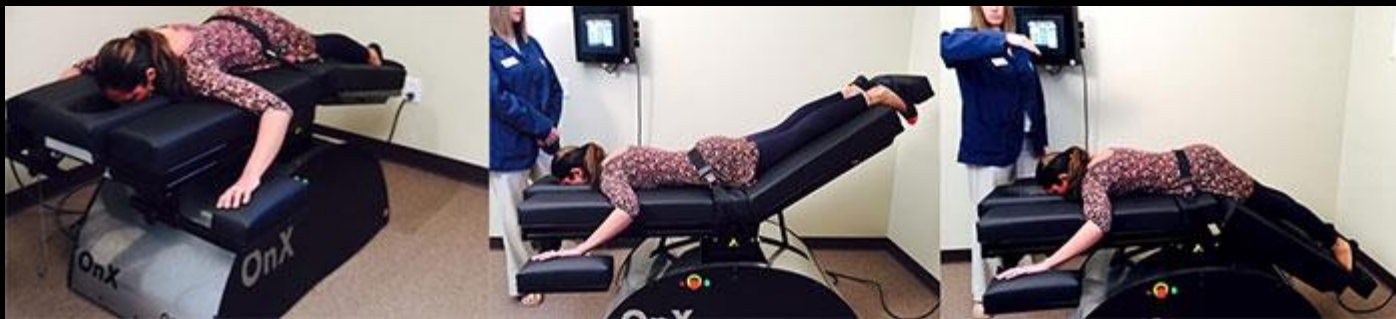
# ONX CONTD.

## INDICATIONS

- Useful for patients who has acute and chronic lumbar radiculopathies
  - Spinal Stenosis- benefits from repeated spinal flexion and distraction
  - Indicated for patients who have difficulty physically performing end range exercises.
  - . Mobilization of hip joints by doing repeated hip extension and flexion.
- Osteoarthritis of Hip

# CLINICAL INDICATIONS CONTD

- May Use gentle flexion/extension movements to mobilize facet joints in facet arthritis /lumbar spondylosis with immediate visible results
- Grade I-II Spondylolistheis
- Lumbar disc herniations/protrusions/derangments



# CLINICAL ADVANTAGES

- Perform greater number of repeated movements in desired range. Able to do 100-200 reps.
- Range controlled by the therapist in response to behavior of the symptoms.
- Rapid reversal of radicular symptoms
- Reimbursed by almost all insurance companies
- Very simple to use
- Research proven technology
- Built with multiple safety systems for safe patient use
- Highly effective for spinal Stenosis
- Passively mobilize hip joint

# HOW YOUR PRACTICE WOULD BENEFIT FROM ONX

- Providing rapid results and thus gaining trust from patients and medical providers
- Fully reimbursable as a supervised exercise
- Helps practice gain specialty status
- Improve patient census
- Help patients avoid surgery
- Market yourself as an unique specialty provider in the community and thus gaining a competitive edge over other clinics.
- Significant reduction of time spend by therapist.
- OnX pays for itself in 3-4 months