Clinical Published Research - 75 Reasons to Believe

More than 75 peer-reviewed medical journal articles have been published to confirm that MedX’s proprietary technology can materially decrease chronic spine-related pain issues, restore spinal function, reduce or eliminate the need for ongoing care, and improve patients’ quality of life.

One Lumbar Extension Training Session per Week Is Sufficient for Strength Gains and Reductions in Pain in Patients with Chronic Low Back Pain

Ergonomics

Stewart Bruce-Low, Dave Smith, Scott Burnet, James Fisher, Gary Bissell, and Leonie Webster

The Clinical Effects of Intensive, Specific Exercise on Chronic Low-Back Pain: A Controlled Study of 895 Consecutive Patients with One Year Follow-Up

Brian W. Nelson, MD, Mike Hogan, PT, Elizabeth O'Reilly, RN, Joseph A. Wegner, MD, MPH, Mark Miller, PT, Charles Kelly, MD Low Back Pain

Muscle - In Rehabilitation of the Spine: Science and Practice

Michael L. Pollock, PhD, James E. Graves, PhD, David M. Carpenter, MS, Daniel Foster, MS, Scott H. Leggett, MS, Michael N. Fulton, MD Basic Science of Spine-Associated Tissues Nonoperative Spine Care Centers Present New Ancillary Service, Quality Patient Care Tina DiMarcantonio Orthopedics Today

Lumbar Strengthening in Chronic Low Back Pain Patients

Sherry V. Risch, PhD, Nancy K. Norvell, PhD, Michael L. Pollock, PhD, Edward D. Risch, MD, Howard Langer, RPT, Michael Fulton, MD, James E. Graves, PhD, Scott H. Leggett, MS Spine

A Preliminary Report on the Effect of Measured Strength Training in Adolescent Idiopathic Scoliosis

Vert Mooney, Jennifer Gulick, Robert Pozos Journal of Spinal Disorders

A Rational Approach to the Treatment of Low Back Pain

Brian W. Nelson, MD The Journal of Musculoskeletal Medicine

Back in Shape

Michael L. Pollock, PhD, James E. Graves, PhD
Changes in Isometric Strength and Range of Motion of the Isolated Cervical Spine After Eight Weeks of Clinical Rehabilitation
Thomas R. Highland, MD, Thomas E. Dreisinger, PhD, Laura L. Vie, BeD, Garth S. Russell, MD
Spine

Comparison of Female Geriatric Lumbar Extension Strength
Bryon Holmes, Scott Leggett, Vert Mooney, Jean Nichols, Scott Negri, An Hoeyberghs
Journal of Spinal Disorders

Comparison of Two Restraint Systems for Pelvic Stabilization during Isometric Lumbar Extension Strength Testing
James E. Graves, PhD, Scott H. Legget, MS, Cecily K. Fix, MS, Dan N. Foster, MS, Michael L. Pollock, PhD, David M. Carpenter, MS JOSPT

Correlation Between the MRI Changes in the Lumbar Multifidus Muscles and Leg Pain
DF Kader, D. Wardlaw, FW Smith Clinical Radiology

CT Imaging of Trunk Muscles in Chronic Low Back Pain Patients and Healthy Control Subjects
Lieven, A. Danneels, Guy G. Vanderstraeten, Dirk C. Cambier, Erik E. Witvrouw, Hugo J. De Cuyper European Spine Journal

Differences in Electromyographic Activity in the Multifidus Muscle and the Iliocostalis Lumborum Between Healthy Subjects and Patients with Sub-Acute and Chronic Low Back Pain
LA Danneels, PL Coorevits, AM Cools, GG Vanderstraeten, DC Cambier, EE Witvrouw, HJ De Cuyper European Spine Journal

Effect of 12 and 20 Weeks of Resistance Training on Lumbar Extension Torque Production
David M. Carpenter, Dan Foster, James E. Graves, Bryon Holmes, Michael L. Pollock, Michael N. Fulton, Scott H. Geggett Basic Science of Spine-Associated Tissues

Effect of Focused Strength Training After Low Back Injury
V. Mooney, L. Matheson, D. Holmes, S. Legget, J. Grant, S. Negri, B. Holmes

Effect of Reduced Training Frequency and Detraining on Lumbar Extension Strength
Jacqueline T. Tucci, MS, David M. Carpenter, MS, Michael L. Pollock, PhD, James E. Graves, PhD, Scott H. Leggett, MS Spine

Effect of Resistance Training on Lumbar Extension Strength
Michael L. Pollock, PhD, Scott H. Leggett, MS, James E. Graves, PhD, Arthur Jones, Michael Fulton, MD, Joe Cirulli The American Journal of Sports Medicine

Effect of Resistance Training Volume on Strength and Muscle Thickness
David B. Starkey, William F. Brechue, Michael L. Pollock, James E. Graves, Yoshi Ishida, Matthew S. Feigenbaum, Michael A. Welsch Medicine & Science in Sports & Medicine

Effect of Training Frequency and Specificity on Isometric Lumbar Extension Strength
James E. Graves, PhD, Michael L. Pollock, PhD, Dan Foster, BS, Scott H. Leggett, MS, David M. Carpenter, MS, Rosemaria Vuoso, MS, Arthur Jones Spine
Effects of Isolated Lumbar Extension Resistance Training on Bone Mineral Density of the Elderly

Effects of Pelvic Stabilization on Lumbar Muscle Activity During Dynamic Exercise
Jun G. San Juan, James A. Yaggie, Susan Levy, Vert Mooney, Brian Udermann, John M. Mayer  Journal of Strength and Conditioning Research

Effects of Three Different Training Modalities on the Cross Sectional Area of the Lumbar Multifidus
LA Danneels, GG Vanderstraeten, DC Cambier, EE Witvrouw, J Bourgois, W. Dankaerts, HJ De Cuyper  British Journal of Sports Medicine

Electromyographic Analysis of Four Techniques for Isometric Trunk Muscle Exercises
Osamu Shirado, MD, Toshikazu Ito, RPT, Kiyoshi Kaneda, MD, Thomas E. Strax, MD  Arch Phys Med Rehabilitation

Frequency and Volume of Resistance Training
Michael L. Pollock, PhD, James E. Graves, PhD, Marcas M. Bamman, MS, Scott H. Leggett, MS, David M. Carpenter, MS, Cecily Carr, MS, Joe Cirulli, Jan Matkozich, Michael Fulton, MD  Arch Phys Med Rehabilitation

Isometric Torso Rotation Strength
Pamela L. DeMichele, MS, Michael L. Pollock, PhD, James E. Graves, PhD, Daniel N. Foster, MS, David Carpenter, MS, Linda Garzarella, MS, William Brechue, PhD, Michael Fulton, MD  Arch Phys Med Rehabilitation

Low Back Strengthening for the Prevention and Treatment of Low Back Pain
David M. Carpenter and Brian W. Nelson  Medicine & Science in Sports & Medicine

Pelvic Stabilization During Resistance Training: Its Effect on the Development of Lumbar Extension Strength
James E. Graves, PhD, Dina C. Webb, MS, PT, Michael L. Pollock, PhD, Jan Matkozich, Scott H. Leggett, MS, David M. Carpenter, MS, Dan N. Foster, MS, Joseph Cirulli  Arch Phys Med Rehabilitation

Philadelphia Panel Evidence-Based Clinical Practice Guidelines on Selected Rehabilitation Interventions: Overview Methodology
American Physical Therapy Association  Physical Therapy

Quantitative Assessment and Training of Isometric Cervical Extension Strength
Scott H. Leggett, MS, James E. Graves, PhD, Michael L. Pollock, PhD, Michael Shank, MS, David M. Carpenter, MS, Bryon Holmes, MS, Michael N. Fulton, MD  Medicine & Science in Sports & Medicine

Quantitative Assessment of Full Range-of-Motion Isometric Lumbar Extension Strength
James E. Graves, PhD, Michael L. Pollock, PhD, David M. Carpenter, MS, Scott H. Leggett, MS, Arthur Jones, Michael MacMillan, MD, Michael N. Fulton, MD
Resistance Exercise and Bone Turnover in Elderly Men and Women
Kevin R. Vincent and Randy W. Braith  Medicine & Science in Sports & Medicine

Specific Spinal Exercise: Three Case Studies Using the MedX Lumbar Extension Machine
Brian D. Johnston  IART Research

Spinal Rehabilitation Part 1
James E. Graves, PhD, Dina C. Webb, MS, PT, Michael L. Pollock, PhD, Jan Matkozich, Scott H. Leggett, MS, David M. Carpenter, MS, Dan N. Foster, MS, Joseph Cirulli

Strength Testing Can Identify Malingering
Brian D. Johnston  The Journal of Workers Compensation

Strength Training Methods and the Work of Arthur Jones
Dave Smith and Stewart Bruce-Low  Journal of Exercise Physiology

The Effect of early Isolated Lumbar Extension Exercise Program for Patients with Herniated Disc Undergoing Lumbar Discectomy

The Effect of Workplace Based Strengthening on Low Back Injury Rates
Vert Mooney, Marvin Kron, Patrick Runmerfield, Bryon Holmes  Journal of Occupational Rehabilitation

The Role of Measured Resistance Exercises in Adolescent Scoliosis
Vert Mooney, MD, Allison Brigham, BS  Orthopedics

Two-year follow-up of a randomized clinical trial of spinal manipulation and two types of exercise for patients with chronic neck pain
Evans R, Bronfort G, Nelson B, Goldsmith CH  Spine