



MEDX REHAB

LUMBAR EXTENSION



The MedX Medical Lumbar Extension machine is uniquely designed to isolate and strengthen the muscle groups in the lower back that support the lumbar spine. Through the use of a patented restraint system, compound weight stack, and adjustable counterweight, the MedX Lumbar Extension machine enables isometric testing and dynamic exercise & strengthening activities throughout the patient's "pain-free" range of motion (ROM). With more than 70 documented clinical trials and published research studies as well as over 400,000 patients treated since its inception, the MedX Lumbar Extension machine is one of the most well documented and frequently researched pieces of clinical rehabilitation equipment worldwide.

According to the National Institutes of Health (NIH), low back pain is one of the most prevalent chronic conditions in the United States affecting more than 50% of working Americans at an estimated annual treatment cost of \$88 billion. As the number of Failed Back Surgery Syndrome (FBSS) cases continue to increase, the MedX Lumbar Extension machine offers a non-surgical approach to alleviating low back pain through a specialized treatment program that is tailored for each patient.



KEY FEATURES & CAPABILITIES

- ✓ Isolates and strengthens the muscle groups that support the lumbar spine by restraining the torso, pelvis, legs, and feet during testing and exercise
- ✓ Measures a patient's full "pain-free" range of motion (ROM) from maximum extension to maximum flexion
- ✓ Includes isometric testing capabilities with the ability to quantitatively measure the strength of a patient at standardized test points within the patient's ROM
- ✓ Delivers customized and tailored dynamic exercise program that is designed to safely and incrementally strengthen a patient's lower back muscles while also increasing range of motion using 15-minute weekly sessions over an 8-12 week treatment period
- ✓ Generates clinical Isometric Test & Dynamic Exercise reports using the MedX Rehab software platform



CLINICAL RESEARCH PUBLICATIONS

- ✓ Clinical research publications available online at: <https://www.medx.rehab/category/medx-research>
- ✓ Carpenter & Nelson. Low back strengthening for the prevention and treatment of low back pain. Med. Sci. Sports Exerc., Vol. 31, No. 1, pp. 18-24, 1999.
- ✓ Leggett, Pollock, Graves, Shank, Carpenter, Jones, MacMillan, and Fulton. Quantitative Assessment of Full Range of Motion Isometric Lumbar Extension Strength. Spine, Vol. 15, No 4, April 1990.



PATIENT TESTIMONIAL VIDEOS

Visit our YouTube channel at www.youtube.com/medxrehab to learn more about how the MedX Lumbar Extension machine helps patients that are experiencing low back pain.



Healthy Back & Neck Program
www.mikeartega.com/healthy-back-neck



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