



# MEDX REHAB

## CERVICAL EXTENSION



The MedX Medical Cervical Extension machine is designed to isolate and strengthen the neck muscles that support the cervical spine. Through the use of a secure restraint system, compound weight stack, and adjustable counterweight, the MedX Cervical Extension machine enables isometric testing as well as dynamic exercise & strengthening activities throughout the patient's "pain-free" range of motion (ROM). With more than 30 documented clinical trials and published research studies as well as over 250,000 patients treated since its inception, the MedX Cervical 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), neck pain is one of the most prevalent chronic conditions in the United States affecting more than 30% of working Americans. The MedX Cervical Extension machine offers a non-surgical approach to alleviating neck pain by effectively stabilizing the chest and torso to isolate and strengthen the neck muscles.



### KEY FEATURES & CAPABILITIES

- ✔ Isolates & strengthens the neck muscles that support the cervical spine by restraining the chest and torso
- ✔ 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 neck 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>
- ✔ Leggett, Pollock, Graves, Shank, Carpenter, Holmes, and Fulton. Quantitative Assessment and Training of Isometric Cervical Extension Strength. The American Journal of Sports Medicine. Spine, Vol. 19, No 6, 1991.
- ✔ Highland, Dreisinger, Vie and Russell. Changes in Isometric Strength and Range of Motion of the Isolated Cervical Spine after 8 Weeks of Clinical Rehabilitation. Spine, Vol 17, No 6S, 1992.



### PATIENT TESTIMONIAL VIDEOS

Visit our YouTube channel at [www.youtube.com/medxrehab](http://www.youtube.com/medxrehab) to learn more about how the MedX Cervical Extension machine helps patients that are experiencing neck pain.



Healthy Back & Neck Program  
[www.mikearteaga.com/healthy-back-neck](http://www.mikearteaga.com/healthy-back-neck)



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