

MedX®

Lumbar Extension

The MedX Lumbar Extension Machine is a medically based exercise system that dramatically improves spinal health. It is designed, researched and clinically proven to isolate and strengthen the low back. MedX is considered to be the “Gold Standard” for treating and reducing chronic back pain and dysfunction. It’s perfect for patients who have:

- **Instability**
- **Weakness**
- **Stenosis**
- **Post-surgical**



Advanced Physical Therapy Center

The therapist you choose does make a difference



MED X

It's Patented!

- Only the MedX Core Lumbar Strength features the patented pelvic restraint system that keeps gluteus and hamstring muscles from interfering with the targeted spinal muscles
- Provides specific, intensive strengthening in the low back
- Provides resistance over full range of isolated lumbar motion, or over a selected limited range
- Isometric testing may occur every 3 degrees within a patient's range of motion
- MedX software plots a strength curve to compare the patient's strength and range of motion to established norms
- Stored energy can be assessed and factored out at each angle tested



The program strengthens the back, reduces pain, improves performance and allows your patients to continue activities they enjoy.

It's Proven!

- MedX has been the leader in spinal rehabilitation with over 40 published articles in peer reviews, medical journals and national publications
- Articles prove that specific, isolated strengthening of the spine is not only a highly effective way to reduce chronic back pain, but also is shown to reduce the need for spinal surgery



Grand Blanc.....810-695-8700..... 10809 S. Saginaw Street
Clio 810-687-8700.....303 S. Mill Street
Flint.....810-732-8400.....G-2241 S. Linden Rd, Suite A
Hartland.....810-632-8700.....11182 Highland Road

Davison810-412-5100.....2138 Fairway Drive
Goodrich.....810-636-8700..... 7477 S. State Rd, Suite B
Clarkston248-620-4260..... 6167 White Lake Road, Suite 1
www.AdvancedPhysicalTherapy.com