

# MedX<sup>®</sup>

# Cervical Extension

The MedX Cervical Extension Machine is highly reliable and specific for the measurement of isometric cervical extension strength testing and dynamic variable resistance training. It is an effective, proven solution to benefit:

- **Chronic Neck Pain & Headache Suffers**
- **Neck Strain due to Motor Vehicle Accident**
- **Workers who frequently use a forward head position; such as Dentists, Mechanics, Computer workers**
- **Athletes: Football, Wrestling, Soccer, Cycling**



**Advanced Physical Therapy Center**

*The therapist you choose does make a difference*



**MED X**

# Proven Results!

The MedX Cervical Extension Machine is unique because the patented restraints secure the shoulders and torso to achieve optimal isolation of neck flexion and extension movement. Range of motion is measured carefully within a pain-free arc and strength exercise is performed by pushing the head backward against the resistance of the machine. It compares patients to norms for their gender, age and weight and tracks a patient's progress with each visit. As the patient progresses, the range of motion is improved and the resistance is increased.

Results include: improved mobility, less stiffness, decreased headaches and improved tolerance to activities that require sustained head positions, such as driving, reading, sitting and working.



## Case Study

In a MedX study, 191 patients improved their general health status while decreasing pain, disability and analgesic use.

- Highly reliable for cervical extension strength testing and dynamic variable resistance training
- Isometric testing can be performed every 3 degrees through the normal 126 degree range of motion
- Features dual weight stacks with a stroke length of only 1.5 inches during a full-range dynamic contraction, which reduces internal friction and lowers the risk of impact forces
- Weight can be selected in three inch increments from 30 to 900 pounds of resistance



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**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

**Davison**.....810-412-5100.....2138 Fairway Drive  
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