



Presents

The MedX Core Spinal System

Targeted muscle isolation. Bio-mechanical precision. Measurable results

The MedX Core Spinal System is a medically proven way to prevent, reduce or eliminate back pain.

The worldwide leader in spinal strengthening and testing, *MedX* has been dramatically changing the lives of people who suffer from back pain by providing non-surgical pain relief since 1988.

The medical benefits of *MedX* have been published in more than 50 medical journals worldwide. For specific academic and clinical findings learn more in journals like *Spine*, *The International Journal for Sports Medicine*, and *The Journal of Orthopedic & Sports Physical Therapy*.



MedX Medical Lumbar Machine - Tests, Restores and Evaluates Spinal Function

Medical Exercise Superiority

The MedX Core Spinal System is delivered through a series of five bio-mechanically precise exercise machines specifically designed to target, isolate and strengthen spinal muscle groups, and to promote and improve flexibility.

Designed by *MedX*, *The Core* is a direct descendent of the most technologically advanced medical rehabilitation equipment in the world. *MedX* is the definitive leader in spine care technology and medical exercise equipment. Clinics around the globe rely on *MedX* for treating chronic and sub-acute back and neck pain due to soft tissue injuries.

Clinical studies have shown that *MedX*-based testing and exercise therapy relieves pain, restores function and reduces the need for spinal surgeries. *The MedX Core Spinal System* is designed to provide similarly effective exercise as those used in the medical rehabilitation arena.

Exercise sessions are short. Only 20 to 30 minute sessions, twice a week, and participants feel positive results at once.

Bio-mechanical precision and proven medical effectiveness sets *The MedX Core System* apart.

Today thousands of machines are used in nearly 50 States of America and more than 20 countries throughout the world.

They can be found in the National Football League, National Basketball Association, National Hockey League and Major League Baseball team gyms; hospitals; rehabilitation centres; physician offices; chiropractic offices; fitness centres, personal gymnasiums worldwide; on the campus of colleges and universities and at leading golf clubs.



Play the best game you can through significantly improved strength and flexibility and stability

The *MedX* Sports Advantage

A strong flexible core provides a sound foundation for all body strength.

American Athletic Teams, Universities and Sports Training Centers:

The following sports training facilities, universities, and professional and collegiate teams have purchased *MedX* equipment:

Jacksonville Jaguars, Philadelphia Eagles, Toronto Maple Leafs, **Seattle SeaHawks**, Chicago Bears (team physician purchased The Core and various Selectorized machines), University of Central Florida, University of South Carolina, Bluffton, University of Georgia, St. John's University, Florida State University, Sports and Fields at Seven Oaks, and The Baseball Performance Center. Other teams and schools that bought our equipment prior to the beginning of the year include: The University of Florida, Houston Rockets, Philadelphia Phillies, Utah Jazz, Portland State University, Whitman College, Baltimore Ravens, Harvard University, University of Arkansas, University of Missouri-KC, University of Michigan, Penn State, Muhlenberg College, Swarthmore, Texas A & M, University of Indiana and San Diego State University.



Seattle Seahawks NFC Champions 2006

Australian Athletes and Teams have now successfully used MedX machines and the philosophy behind them.

Sam Brewer, Australian 100 & 200m U/20 Sprint Champion and Australian Rugby 7's representative.

Ken Wallace, Surf Life Saving and Kayak World and Australian Championship.

Shannon Eckstein, World and Australia Ironman Champion.

The Gold Coast Breakers, one of Queensland leading Rugby Union Teams has trained with Wayne Brewer for several years and utilised the MedX Core System for strength, flexibility, endurance, injury prevention and rehabilitation



Grant Batty

Former New Zealand All Black great. Gold Coast Breakers and district director of Coaching.

“I’ve now been associated with Wayne Brewer for some years.

His conditioning program for the Breakers players has been nothing short of outstanding, while his rehabilitation programs for injured players has been sensational.

After 50 years of involvement in rugby, this is the best equipment and training systems I have ever seen.

More recently on a personal level Wayne and his systems have helped me regain strength and function in a number of areas, particular in the lower back and legs.

The *MedX* equipment and Wayne’s systems are wonderfully safe and effective.”

Michael Rudd, promising young Brisbane Broncos Rugby League star, broke his neck several years ago whilst playing.

This photo shows Michael training on a *MedX* Core 4-Way Neck and the scar left from spinal surgery where his C6 vertebrae was rebuilt and brackets put in place to stabilise his spine.

He has been medically cleared to play Rugby once again.



Taylor makes surprise return to Breakers pack

Torture chair revives career

Luke Turgeon

IT may look like some sort of bizarre torture chair, but this lime-green mean machine is what Breakers flanker Matt Taylor has to thank for getting him back on the rugby paddock.

After spending the past three years sidelined with a back injury, Taylor started training with Breakers strengthening and conditioning coach Wayne Brewer at Healthy Solutions in Southport in September to improve his core strength for everyday activities.

But so effective were Brewer's methods, that by October Taylor was beginning to ponder a return to premier rugby.

"I have always wanted to play again," he said.

"It is not until you are out for a while that you realise how much you miss it."

Brewer, the founder of Healthy Solutions and father of Breakers winger Sam, said the special torso rotation enhancement machine - the first of its kind in Australia - was the secret weapon that got Taylor back on track.

He said the equipment, which has also helped Breakers stars Luke Caughley, Matt Stafford and Ben Windsor, had given Taylor a 75 per cent increase in motion.

"The nucleus of the Breakers have been doing this system for the past four years," said Brewer.

"Aside from the rehabilitation effects it also delivers demonstrable results you can't get anywhere else."

Taylor will represent the Breakers in their first trial match of the new season against Gold Coast representative side the Cyclones this weekend.

"I want to play the whole season and keep playing as long as I can," said the 32-year-old.

"Now I am feeling 100 per cent.

"It is as good as it has been in 10 years."

The Welsh-born forward captained Pontypool and Newbridge back home before moving to Australia and playing two seasons with Sunnybank and two with the Breakers.

Coach Grant Batty said Taylor would add some much needed experience to his young squad after the mass exodus of players to the Western Force at the end of last year.

"Having someone like Matt around is invaluable," said Batty. "He has got so much experience.

"You can't put an old head on young shoulders."

Batty said he would use the weekend's clash mainly to give his new recruits a run in order to see what they were capable of.

He is yet to name a captain for the 2006 campaign and is still nutting out a number of key positions including flyhalf, scrumhalf and hooker.



Matt Taylor puts in the hard yards on Wayne Brewer's MedX Torso Rotation Machine

Systemised Programs

Wayne Brewer first realised the significance of the work carried out by *MedX* founder Arthur Jones, in 1985.

Since then Wayne and now son Sam have dedicated themselves to providing safe, more effective and time efficient physical conditioning systems, delivered through the world's most technologically advanced exercise and medical rehabilitation equipment, *MedX*

MedX and The Core Spinal System

No other equipment in the world can provide the measurable results in increased strength and flexibility, rehabilitation, injury prevention and overall physical improvements.



**For all enquiries contact Wayne & Sam Brewer
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