

A Tribute to Arthur Jones by Inge Cook-Jones and the I.A.R.T.

Born in 1926 in Morrilton, Arkansas, he grew up in Seminole, Oklahoma, the son of five generations of Dr. Joneses. From an early age on he showed great curiosity about the world around him, especially about animals and mechanical objects.

Leaving home in his early teens, he worked at any job available to make a living, including catching, buying and selling animals at which he made quite a name for himself. Eventually, he bought a movie camera and recorded his "adventures" in the Americas, Africa and Asia. Wild Cargo and Call of the Wild were two very successful television programs he filmed and produced.

Throughout his life he was interested in strength training and worked out whenever he had the chance. Keeping meticulous records and closely observing the results on himself he gained considerable knowledge on that subject. During a slow spell in his film business he set his mind to building a new machine that would provide the requirements for better, faster results. This became known as Nautilus Strength Training equipment and it revolutionized the fitness industry.

Meeting many coaches and their teams, he became aware of the injuries professional ball players and other athletes sustained. He started thinking about rehabilitation exercise and sold Nautilus to concentrate on this new venture. To restore full function, the strength training equipment had to meet the needs of injured and weakened muscles.

After many years of research, building and discarding around 3000 prototypes, he nearly gave up hope to develop a leg-extension machine that would meet the specifications he knew were needed. In the meantime, he learned about the widespread problem of chronic back pain. He then diverted his thinking in that direction. With the knowledge gained from earlier mistakes, the Lumbar-extension Machine was designed, build and refined to the point where it met all the requirements necessary to successfully strengthen the muscles of the lower back, both for rehabilitative and preventative treatment. In 1986 MedX Corporation was established.

The Cervical-extension machine, Cervical-rotation Machine, Torso-rotation Machine, and eventually the Knee Machine were added to the line of medical equipment.

In 1991, an exercise-only line of machines was added for health and fitness facilities. Based on the design of the medical equipment, these machines are a vast improvement over his original Nautilus equipment. They include a compound weight stack (10lb and 2lb plates) that provides proper resistance for any level of strength, and a very low friction (1%) for the smoothest workout possible.

*** **

The I.A.R.T. awarded Arthur Jones with its first Lifetime Achievement Award. Never in the history of exercise and rehabilitation has anyone given so much. The medical equipment is unsurpassed for rehabilitating the chronically injured. In fact, it has been shown through countless studies that no other treatment available can effectively compare to the MedX medical equipment including conventional physio-therapy and chiropractic.

Mr. Jones was awarded a plaque that read:

In appreciation for bringing clarity and progress to the field of exercise science and rehabilitation. His commitment guides us closer to the ultimate benefit of providing meaningful rehabilitation to the chronically injured. The logic and evidence of his work is apparent to those of us who examine it honestly. We express deep gratitude for his efforts.