

## Spine West Providers:

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## Spine West Developments

Spine West continues to grow, with the addition of three new exam rooms, a new ultrasound machine, and an expanded physical therapy office. Spine West is also welcoming additional staff members: Chelsea Jordan, registered radiology technician, and Sara Weber, medical assistant and marketing coordinator. We also bid farewell to Joanna Ward. Joanna has been a medical assistant at Spine West for over three years. She will be starting nursing school at Regis University this January. Good luck Joanna—we'll miss you!

## Have Spine West's newsletter emailed to you!

We strive to create a newsletter that will provide you with information relating directly to your health, our staff, and our clinic. If you would like to automatically receive the latest copy of the newsletter please submit your email address to:  
[Newsletters@SpineWest.com](mailto:Newsletters@SpineWest.com)

## Have suggestions for the newsletter?

Feel free to send feedback or topics you are interested in to:  
[Newsletters@SpineWest.com](mailto:Newsletters@SpineWest.com)



## Physiatrists: "Adding Life to Years"

It is hard to define the relatively new specialty of Physiatry, a.k.a. Physical Medicine and Rehabilitation (PM &R). Its practitioners are board certified, with extensive training and diverse backgrounds; yet they are highly specialized in the diagnosis and treatment of neurological and musculoskeletal issues. Mix orthopedics, neurology, and rheumatology in a blender, and you will have physiatry.

Physiatrists are true "functionalists," with the primary goals of making

the diagnosis and restoring function without surgery when possible.

PM & R offers effective non-surgical solutions. They are well versed in the use of exercise and strengthening techniques as means of restoring function.

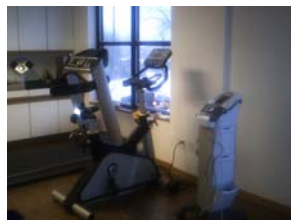
Physiatrists are spine specialists, but also sports medicine and arthritis experts, trained to test nerves and muscles with state-of-the-art diagnostic methods. While possessing a unique ability to analyze symptoms in detail, physiatrists are trained to

look at the whole person, not just one organ system or body part.

Primary care physicians used to consistently refer patients to orthopedic surgeons. They now often refer first to physiatrists, as many issues can be treated successfully without surgery.

There is a common saying in medicine: "If you carry only a hammer, everything looks like a nail." PM & R providers carry a whole tool box to diagnose and treat your orthopedic and neurologic problems.

## Pilates to be offered at Spine West Physical Therapy



Spine West's renovated Physical Therapy Suite

Following its move into a new, expanded facility in October of 2009, Spine West's Physical Therapy department continues to make advancements.

Phil Rolfe, PT-C, says his patients are enjoying the spacious new facility, along with its state-of-the-art equipment and scenic view. Spine West plans to use the space to the

advantage of its patients, and hopes to hire a Pilates instructor in spring 2010 as an addition to its already comprehensive physical therapy program.

Pilates, (named for its developer, the German-born Joseph Pilates), is a resistance-training regimen that has been touted as a highly effective means of developing flexibility, core strength, and posture.

**FROM ALL OF US AT SPINE WEST:  
HAPPY NEW YEAR!**