

Spine West Providers:

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Coming Up: Spine West Reaches Out

The providers and staff at Spine West have been reaching out to the Boulder community and beyond. Many staff members have contributed to Haiti earthquake relief and, in April, one of our staff, medical assistant Jess Hoyt, will raise funds and awareness for cancer research by participating in the St. Baldrick's event. We continue to be hopeful for Haiti, and wish Jess luck in her campaign.

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

Have suggestions for the newsletter?

Feel free to send feedback or topics you are interested in to: Newsletters@SpineWest.com



www.SpineWest.com

SPINE WEST New Name, Same High Standards

We are happy to introduce *Pathways*, the new name of Spine West's patient newsletter. Spine West continues to make high quality, patient-centered care its number one priority. At Spine West, we evaluate the whole person, not just one body part, and offer many pathways to rehabilitation and restored function. Everyone is unique. Each pathway is customized for the patient, and our providers will be there to guide you every step of the way.

On The Cutting Edge: The EMG

The emergence of the non-surgical discipline of Physiatry (Physical Medicine and Rehabilitation, or PM & R) has, not surprisingly, coincided with the development of state-of-the-art techniques used to diagnose and treat muscle, bone, and nerve issues.

The desire to provide first-rate care without surgery calls for cutting-edge diagnostics and treatment-without the cutting. One of the most advanced and useful diagnostic tools used by PM & R doctors is the

EMG (electromyography). An EMG is a study used to determine the electrical function of muscles at rest and while contracted. It is usually performed along with a nerve conduction study (NCS), which measures nerves' ability to send electrical signals.

Basically, the tests measure electrical activity in muscles and nerves. Because nerve impulses control the function of muscles, it makes sense to study them together in this way.

The EMG and nerve conduction test allow

physiatrists to make a meticulous study of muscle and nerve function, enabling them to assess symptoms like twitching muscles, numbness, and weakness. The EMG/nerve conduction study may show a damaged peripheral nervous system, for example, or help to diagnose such conditions as Carpal Tunnel Syndrome.

In many cases, it can be wise for the patient to consider non-surgical treatment first. EMGs are just one of the many non-surgical options offered by PM & R providers.

Pilates at Spine West: Introducing Korinne O'Rourke



Korinne O'Rourke

Spine West is pleased to introduce the newest member of our team, Certified Pilates Instructor Korinne O'Rourke.

Korinne first discovered Pilates as a young dancer fourteen years ago, and has been training ever since. She received her Undergraduate degree in

Dance from CU-Boulder in 2003 and completed her Pilates certification training in 2004 at The Pilates Center of Boulder. Korinne has been teaching Pilates for over five years.

Korinne has been teaching Pilates in the physical therapy setting since 2006, and is excited to be joining the Physical Therapy Department at Spine West. She looks forward to being part of "an innovative team of caregivers." Spine West looks forward to welcoming Korinne to the team!

Korinne believes in tailoring the Pilates exercise for your

specific needs. Pilates can be helpful for the very fragile to the super athlete, but must be customized for the individual. She does not believe in a "one size fits all" type of program. Korinne's methods fit perfectly with the Spine West philosophy that everyone has unique needs.

Beginning in March 2010 Spine West will offer Pilates as an addition to its comprehensive physical therapy program. For more information on classes and registration, please visit our website at www.SpineWest.com.