

## Spine West Providers:

Cliff Gronseth, M.D.  
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## April is Physical Wellness Month

Physical Wellness Month also coincides with Stress Awareness Month. This April, take time to reflect on the stressors in your daily life and how they may be affecting your physical well-being. In addition to managing stress, a healthy diet, regular exercise program, and proper sleep hygiene are all imperative to physical wellness. What can you do to improve yours?

## 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)



## Spine West Provider Supports U.S. Paralympic Team

During the week of March 1-5, Aspen played host to the International Paralympic Committee World Cup Finals 2010. The finals preceded the Vancouver Paralympics, beginning on March 13<sup>th</sup>.

Spine West's Dr. John Tobey is a member of the USA Olympic Medical Pool and the USA Ski & Snowboard Medical Pool, and was on site at the Aspen finals to serve as a supervising physician to the U.S. team.

"It was a very rewarding experience," says Dr. Tobey. "These are world-

class athletes competing at the international level in spite of disabilities. It is an honor to work with them and see them succeed."

The U.S. team consisted of many members who later went on to compete in Vancouver in the Sit-skiing, Stand Skiing, and Visually Impaired divisions.

Dr. Tobey is board-certified in Sports Medicine and is a member of the American College of Sports Medicine. An athlete himself, he understands first-hand the benefits of an active lifestyle, and enjoys working with patients with

sports injuries to help them "get back in the game."

Dr. Tobey is proud to be a member of the USA Olympic Medical pool, and looks forward to participating in the next Paralympic World Cup events.



Sit-skier Keith Calhoun

## Physical Therapy: Introducing Lucinda Parham



Lucinda Parham

Spine West continues to grow, and we are again pleased to announce a new addition to our team.

Lucinda Parham, MSPT, will be joining Phil Rolfe in Spine West Physical Therapy. Lucinda

received her undergraduate degree in Kinesiology from CU-Boulder and went on to earn her Masters in Physical Therapy from the University of Colorado Health Sciences Center.

Lucinda will be joining Phil Rolfe to provide physical modalities and instruction to our patients. She was drawn to Spine West physical therapy because of its patient-centered mission, and looks forward to working in a setting that "encourages learning and growth in order to provide the best care possible to

patients" In addition to her many credentials, Lucinda prides herself on staying abreast of the latest developments in physical therapy, and continues to participate in seminars and courses that allow her to offer the most current and effective treatments.

As we continue our mission of high-quality, patient centered care, we are pleased to expand our physical therapy department and welcome Lucinda to the team. We look forward to working with her!