

Spine West Physicians:

Dr. Cliff Gronseth, M.D.
Dr. John Tobey, M.D.
Dr. Mindy Gehrs, M.D.

What We Do:

Drs. Gronseth, Tobey, and Gehrs are all MDs board certified in Physiatry specializing in Orthopedic Medicine. Spine West is focused on advanced non-surgical care with an emphasis on making the diagnosis and treating all spine pain, nerve problems, and joint issues. With the recent additions of physical therapy, acupuncture, biofeedback, nutritional counseling, pain counseling, yoga, and massage Spine West is now a one stop shop for all orthopedic problems.

New Services Offered by Spine West's Ancillary Providers:

- *Biofeedback, Stress and Sleep Counseling
- *Massage & MRT
- *Men's Therapy
- *Mindfulness Based Psychotherapy
- *Physical Therapy
- *Yoga designed for spine and orthopedic problems
- *Nutrition Counseling



New Treatments & Services

Platelet Rich Plasma:

Platelet Rich Plasma, or PRP, is a new treatment option for chronic, non-healing tendon injuries such as tennis elbow, Achilles tendonitis, knee tendonitis or hip bursitis.

It uses the patient's own blood. Specially prepared platelets are taken and then re-injected into the tendon or the affected area. These platelets contain "growth factors" that are released and lead to tissue healing.

It is utilized as a treatment

option which does not use cortisone (i.e. it is a non-steroid injection).

Ask your physician to tell you more!

Ancillary Providers:

Spine West has added several new services aimed at providing our patients a multitude of choices for eliminating pain. These services are being offered by ancillary providers that have been hand picked by the physicians of Spine West. These providers share the Spine West philosophy of

non-surgical pain relief provided in an environment focused on the highest standard of care. All of the services are offered at 5387 Manhattan Circle Suite 100B. If you would like to schedule an appointment with any of the ancillary providers please call Spine West @ 303.494.7773 and we will provide you with the appropriate contact information. You can also visit our website at www.SpineWest.com to find the providers contact information and bios.

Featured Service: *Yoga*

Yoga is for EVERYONE, flexible or inflexible, young or old, male or female. Yoga also increases flexibility, improves stamina, strengthens the body, and relieves tension.

When you have completed your first class you may feel some soreness followed by a greater sense of relaxation, more openness in your body, lessening of pain in the lower back & neck, or maybe you just feel better. This is just a taste of what Yoga has to offer.

Group classes include:

- Pranayama (Breath)
- Asana (Physical Postures)
- Hands on alignment
- Brief meditation
- Deep relaxation

All levels of practitioners are welcome in our group or private classes. If you have no previous yoga experience or have special needs due to injury at least one private session is recommended before your first group class. Mention this newsletter and receive 50% off your first private lesson!!

Current class schedule:

- Wednesday 12:30 – 1:30 (Open Class W/Meaghan)
- Saturday 9:00 – 10:00 (Open Class W/Gil and Meaghan)
- Wednesday 2:00 – 3:00 (Private Class)
- Wednesday 3:15 – 4:15 (Private Class)

To schedule time with Meaghan and Gil please call Spine West @ 303.494.7773. You can also learn more about Yoga on www.SpineWest.com.