

## Spine West Physicians:

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## Physiatrist May Treat Some or All of:

Amputations/Prosthetics  
Arthritis  
    Osteoarthritis  
    Rheumatoid Arthritis  
Back Pain  
Brain Injuries  
Cardiac Rehabilitation  
Geriatric Rehabilitation  
Neck Pain  
Nerve Pain  
    Radiculopathy  
    Ulnar Neuropathy (Wrist  
    Pain in Bicyclists)  
Osteoporosis  
Pediatric Rehabilitation  
Post-Polio Syndrome  
Spinal Cord Injuries  
Sports-Related Injuries  
Stroke  
Women's Conditions  
    Female Athlete Triad  
    Pelvic Pain  
    Pregnancy and Back Pain  
Work-Related Injuries

## Goals of Physical Therapy @ Spine West:

- \*Restore Normal Relationships Between the Joints
- \*Balance Muscle Strength & Flexibility
- \*Establish Effective Neuromuscular Function (the ability of the nervous system to communicate and control muscles)
- \*Retrain Your Body to Improve Functional Performance (daily activities, sporting activities, etc). This is Key to Avoiding Re-Injury!



## What is a Physiatrist?

Physiatrists are medical doctors who are:

- Experts at diagnosing and treating pain
- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Lead a team of medical professionals
- Provide non-surgical treatments
- Explain your medical problems and treatment plan
- Work not only on treatment but also prevention

Physiatrists are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. Physiatrists have completed training in the medical specialty physical medicine and rehabilitation (PM&R).

Physiatrists treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. Physiatrists take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help

of the rehabilitation medical team.

This medical team might include other physicians and health professionals, such as therapists, massage therapists, and physical therapists. By providing an appropriate treatment plan, rehabilitation physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime. Find out more at [www.SpineWest.com](http://www.SpineWest.com)!

## Don't Gamble With Low Back Pain

If you like to play the odds, here is a sure bet: 80 percent of all adults will experience low back pain at some time in their life. If it does happen to you, what should you do?

Here's the data from researchers:

- Over 40 percent of all patients with low back pain will have persistent complaints of pain one and two years later.
- 62 percent of patients are likely to have one or more relapses during a one-year follow-up.
- Continued problems with low back pain are even more likely in patients who wait six to 10 weeks

from the first onset of pain before seeking medical care.

Ignore that persistent back pain and it probably WILL come back. If you have the pain for more than two weeks, visit a Physiatrist.

In a survey on back pain published in New York magazine, patients reported greater long-term relief from low back pain when treated by physiatrists than any other medical specialist or healthcare professional, including orthopedists and chiropractors.

Our treatment approach emphasizes comprehensive or "whole" care. Spine West takes the whole patient into

account, not merely a specific symptom. We then match treatment goals to our patient's overall functioning and lifestyle.

Low back pain can be triggered by a variety of causes, and it is often difficult for physicians to pinpoint the source during a routine examination. Since back pain can be caused or aggravated by many things - including illness, injury, work environment, and lifestyle - a Physiatrist works to address more than just relieving the immediate symptoms. Our treatment extends to the overall functioning of the patient. Find out more at [www.SpineWest.com](http://www.SpineWest.com)!