

Spine West Physicians:

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

Pain Rehabilitation:

Physiatrists treat a wide variety of patients with acute and chronic pain. Pain management typically occupies a large portion of a physiatrist's day-to-day practice. Chronic pain affects an estimated 80 million Americans and is the third leading cause of physical impairment in the United States following cancer and heart disease.

From low back pain and herniated discs to carpal tunnel syndrome and tendonitis, physiatrists seek to not only reduce and eliminate pain, but also to prevent its recurrence. They are skilled in the use of drug therapies to treat both acute and chronic pain. PM&R physicians also perform nerve blocks and utilize special injection techniques on a diagnostic and therapeutic basis. Physical therapy is also a preferred treatment method of Physiatrists.

Physical Therapy:

Nine million people cannot enter the work force because of a physical restriction. With rehabilitation, an estimated 350,000 people with disabilities are able to return to work each year. Close to \$3.5 billion in earnings are thus attributable to rehabilitation. Workplace injuries and disabilities range from carpal tunnel syndrome and related repetitive motion injuries to sprains, dislocations, and fractures.



Goals of Physical Therapy

The goal of our Physical Therapy department is to find solutions to your pain and limitations. We pride ourselves in helping you to understand your physical problem, providing individualized solutions and helping you understand your role in optimizing the outcome.

What you can expect from Physical Therapy at Spine West:

- A biomechanical and neuromuscular evaluation; not only focusing on your injury, but on your body as a

whole

- Restoration of normal relationships between joints with joint mobilization
- Restoration of normal muscle tone by eliminating muscular guarding with soft tissue manipulation
- Balancing of muscle strength and flexibility through individualized exercise prescriptions
- Establishment of effective communication between the nervous system and skeletal muscle (neuromuscular control)

- Empowerment through education regarding your injury, injury prevention, and maintenance
- Retraining of your body to improve functional performance in your daily activities or with sporting activity
- Maximal results with as much comfort as possible

For more information regarding physical therapy please visit our website at www.SpineWest.com

Physical Therapist: Phil Rolfe, PT, ATC



Phil Rolfe

Collegiate Education:

- BS in Kinesiology / Athletic training from the University of Arkansas, 1993
- BS in Physical Therapy from Winston Salem University of North Carolina, 1999

Post Collegiate Education:

- Courses from the University of St. Augustine Health Sciences in Florida:
 - S-1: Evaluation and Manipulation of lumbar spine
 - S-3: Advanced Evaluation and Manipulation of Cervical and Upper Thoracic Spine
 - E-1: Extremity Evaluation and Manipulation
 - E-2: Advanced Evaluation and Manipulation
 - MF-1: Myofascial Techniques
- Courses from Duke University Physical Therapy Department:
 - Treatment of Shoulder Dysfunction
 - Advances in Knee Rehabilitation
 - Pilates for Physical Therapy
- Memberships:
 - American Physical Therapy Association
 - National Athletic Trainers Association

Ask your doctor if physical therapy is right for you. At Spine West we offer physical therapy five days a week! Find out more at www.SpineWest.com