

www.SpineWest.com

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Ideas or Suggestions for the Next Patient Newsletter?

Do you have an idea for a story in the next patient newsletter or a suggestion to make Spine West even better? If so, please mail your comments, ideas, and suggestions to info@spinewest.com.

It is our goal to provide an informative newsletter that is also enjoyable to read. With your help we can make each month's newsletter better than the last!

Have Spine West's newsletter emailed to you each month!

Each month Spine West produces a patient newsletter, and starting in November you can receive the latest news directly in your inbox! From articles written by our physicians or physical therapist to articles discussing the latest medical advances, 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



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Treating Knee Arthritis w/Hyaluronic Acid

Knee osteoarthritis can be a painful and disabling problem. Physiatrists are highly trained in cutting edge, non-surgical treatments based on the latest medical information, and there are many treatment options available that do not require surgery.

Studies show:

- Hyaluronic acid is an important part of normal knee joint fluid
- Hyaluronic acid plays a role in joint protection and lubrication
- Individuals suffering from osteoarthritis have less hyaluronic acid in the synovial fluid in their joints leading to poor joint lubrication and increased pain
- Numerous studies have found injectable hyaluronic acid to be safe in humans and effective in decreasing pain and improving function

- A recent study showed no benefit for arthroscopic surgery for knee arthritis

What you should know:

- Injectable hyaluronic acid is available from multiple companies and marketed under different names including Hyalgan, Orthovisc, Supartz, and Synvisc
- Hyaluronic acid injections are currently approved for osteoarthritis of the knees, and are done in a series of three to five injections depending on the brand used
- When treatment is considered, a doctor must take a patient's medical history and medication side effects into consideration
- Individuals allergic to eggs and/or feathers cannot have these injections
- Hyaluronic acid injections are being studied in other joints including the hips

and shoulders

What you can do:

- A physical medicine and rehabilitation physician (physiatrist) who is an expert in the non-surgical management of knee osteoarthritis can evaluate you
- Knee osteoarthritis should be managed with a comprehensive program including:
 - Oral and injectable medications as needed
 - Regular low impact exercise, with stretching and strengthening exercises of the lower limbs
 - Physical therapy if needed to assist with the above
 - Weight reduction in overweight individuals

Dr. John Tobey
www.SpineWest.com
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Sport Preparation Classes

Spine West has developed preparation programs for all sport enthusiasts. Our Physical Therapist Phil Rolfe will begin offering preparation clinics this month. In the sport preparation classes Phil will discuss common injuries associated with your sport. He will demonstrate exercises you can do at home, as well guide you through a strengthening session.

Our first sport preparation class will be focusing on the upcoming winter sporting season. Phil will help you to improve your lower extremity & core strength with an emphasis on downhill skiing, cross country skiing, and snowboarding.

Class sizes are limited and will be offered at \$25.00. If you have any questions or would

like to reserve your spot an upcoming class please contact Phil Rolfe at 303.494.7773 ext. 107.

For more information about Spine West or class instructor Phil Rolfe please visit us on the web @ www.SpineWest.com. We look forward to helping you prepare for another great winter sporting season!