

Spine West Physicians:

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

What patients have to say:

"I just wanted to express my appreciation to you for repairing my shoulder injury. I am amazed at how quickly the pain went away and I was able to return to my normal activities. I was quite skeptical that the physical therapy would work because everybody I talked to said that I would need surgery. Thank you so much for proving them wrong."

"Thanks for giving me back my life!"

"I want to express my appreciation to the doctors and the entire staff of Spine West for an absolutely wonderful experience. After spending years in the CA HMO system, I truly felt pampered. You are a tremendous staff and wonderful people."

"Everyone has been so helpful and thorough that I changed practices so I could continue to see them."

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

If you would like to automatically receive the latest copy of the newsletter please submit your email address to:

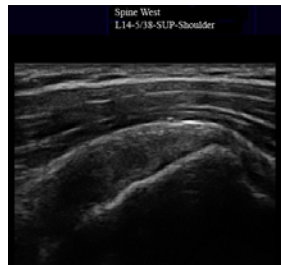
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What is Musculoskeletal Ultrasound?



Ultrasound imaging (seen above) involves high frequency sound waves to produce pictures of the inside of a body. Ultrasound exams do not use radiation, such as x-rays), and they produce images in real time. This allows the structure and movement of the body's internal structures to be seen easily and clearly.

Musculoskeletal Ultrasound can be used for diagnosing several common problems including but not limited to:

- * Tendon tears such as the rotator cuff in the shoulder or the Achilles tendon in the ankle.
- * Muscle tears or soft-tissue masses
- * Fluid collection in the muscle, bursae, or in the joints
- * Used for localization for specific injection types

Ultrasound exams are typically painless, fast, and easy. In addition to

being painless they are non-invasive, have no known harmful effects and they are typically less expensive than other imaging methods. These are just a few reasons why we at Spine West utilize ultrasound imaging in our office.

An ultrasound does have difficulty penetrating bone, and can only see the surface of bony structures and not what lies beneath. Other imaging modalities such as MRI or CT may be used in these scenarios.

Dr. John Tobey
www.SpineWest.com

"Miracle" Cures

We are often asked about unique "miracle" treatments that are advertised in newspapers and magazines, treatments like DRX9000 traction or special supplements sold by specific offices or clinicians not available at most clinics. Not to disparage anyone, we at Spine West find these types of claims to be deceptive advertising based on hearsay without scientific validity.

If a treatment truly works it will be provided by all clinicians who treat people with back or neck pain, not by a single clinic with a special machine or herbal combination. Insurances would happily pay for treatments that avoided surgery and yet they will not pay for these "special", usually costly, treatments.

At Spine West we are open-minded but thorough. We use

"evidence based medicine" treatments with valid scientific research, not anecdotal testimonials. We try to provide the highest quality nonsurgical orthopedic care but do not recommend unproven treatments that may harm your body and/or your pocketbook. We do for you what we would do for our own families... and we like our family.

Dr. Cliff Gronseth
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