

## Robert L. Frazho, MD

Physical Medicine and Rehabilitation

### Work Experience:

#### *Physical Medicine and Rehabilitation-*

Rocky Mountain Orthopaedic Associates, P.C. – 2005 to Present

### Fellowship:

University of Michigan, Ann Arbor, Michigan

Spine Fellow – 2004 – 2005

### Residency:

University of Michigan, Ann Arbor, Michigan

Chief Resident – 2003-2004

Physical Medicine and Rehabilitation – 2001-2004

### Other Medical Training:

William Beaumont Hospital, Royal Oak, Michigan

Transitional Internship – 2000 – 2001

### Medical School:

MD, Michigan State University, East Lansing, Michigan

1996 – 2000

### Certification and Licensure:

State of Colorado Medical License – 2005 – present

Diplomate of the American Board of Physical Medicine and Rehabilitation – 2005

United States Medical Licensing Examination I, II, III – 1998-2002

### Clinical Interest:

Interventional and Conservative Spine Care for:

Disc Degeneration

Disc Herniation

Radiculopathy

Facet Mediated Pain

Spondylosis

Other Back and Spine Nerve and Muscle Disorders

### Membership:

American Academy of Physical Medicine and Rehabilitation

2001 – Present

### Honors and Affiliations:

Chief Resident, Department of Physical Medicine and Rehabilitation, University of Michigan

Scored in top ten percent nationally on written Physical Medicine and Rehabilitation Boards

Scored in top five percent nationally on EMG Self Assessment Exam

# Physician Spotlight



## Robert L. Frazho, MD

Physical Medicine and Rehabilitation



### Bone • Joint • Muscle

Orthopaedic Surgery & Sports Medicine

Rheumatology, Physical Medicine & Rehabilitation

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Grand Junction | Parachute/Battlement Mesa  
Rangely | Ridgway | Eckert | Moab



As a board certified  
Physiatrist,

**Dr. Robert L. Frazho**  
specializes in physical  
medicine and rehabilitation  
for spine care involving the  
neck and back. Dr. Frazho  
uses the latest technology  
to treat his patients in  
the most comfortable  
manner possible.

In addition to specializing in electromyography (EMG), a diagnostic test for nerve and muscle disorders, Dr. Frazho performs epidurals, facet blocks, radiofrequency ablation, percutaneous microdissection, sacroiliac injections, and discography. These procedures offer patient comfort and optimal recovery time.

#### Some Areas of Medical Concentration:

##### Disc Degeneration

Disc degeneration is a common cause of back pain that occurs when the cartilage, which cushions the discs along the lower spine, is worn and the nerves become irritated. Often the supporting muscles become inflamed as well, worsening pain.

##### Disc Herniation

When a disc becomes worn, its surface may erode enough that its interior “shock absorption” fluid breaks through, creating a herniated disc. This can place pressure on and even pinch the surrounding nerves, leading to pain, weakness and/or numbness in the head, arms, hands, legs, buttocks, neck and low back.

##### Radiculopathy

Radiculopathy is irritation or pinching near the root of a nerve in either the neck (cervical area) or the back (lumbar area). This often produces pain, numbness or weakness in the shoulder, arm, wrist or hand.

##### Facet Syndrome

Facet syndrome is often the result of spinal degeneration caused by age, overuse, poor posture or injury. Facets are the small, flat joints in the back of the spine that interlock and allow for movement between vertebrae while connecting one vertebra to another. Facet mediate pain refers to pain caused by irritation or inflammation of one of these joints.

##### Spondylolisthesis

Spondylolisthesis is a slipping or displacement of one vertebra on another, causing stress on the disc and facet joints. There are two main parts of the spine that keep the vertebrae aligned - the disc and the facet joints. The symptoms that

accompany a spondylolisthesis include pain in the low back, thighs, and/or legs, muscle spasms, weakness, and/or tight hamstring muscles.

##### Spondylolysis

Spondylolysis refers to a defect in one of the vertebra in the lower back, usually the last vertebra of the lumbar spine. The area of the vertebra called the pedicle, which protects spinal nerves, is affected. When spondylolysis is present, the back part of the vertebra and the facet joints simply are not connected to the body except by soft tissue.

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## Rocky Mountain Orthopaedic Associates

Rocky Mountain Orthopaedic Associates, P.C. (RMOA) is the largest and most comprehensive orthopaedic group between Denver and Salt Lake City. RMOA has served western Colorado and eastern Utah since 1950, and is the best choice for bone, spine, joint and muscle care in the region.

RMOA provides consultations and surgery for musculoskeletal conditions, joint replacements, sports medicine, hand and microvascular reconstructive surgery, and spine surgery.

In 2004, RMOA introduced specialized care for areas of rheumatoid arthritis, lupus, osteoporosis, fibromyalgia and other autoimmune diseases. RMOA also has instituted advanced care in physical medicine and rehabilitation, and pediatric orthopaedics.

The physicians and staff of RMOA are dedicated to being the providers of choice for anyone on the Western Slope with a fracture or an orthopaedic problem. We always strive to be responsive to patients and referring physicians. Our physicians and staff are known for both their service and compassion. Through ongoing medical education and training, as well as recruitment of subspecialty trained surgeons, we endeavor to provide a full range of expert orthopaedic care.

The RMOA physicians, staff and family members are proud members of the local community who realize that our patients are special people – our friends and neighbors.

##### Practice Philosophy:

The physicians and staff of Rocky Mountain Orthopaedic Associates are dedicated to being the bone, joint and muscle care specialists for the Western Slope.

**Rocky Mountain Orthopaedic Associates, P.C.**

627 251/2 Road

Grand Junction, CO 81505

Appointments: (970) 242-3535