

MEDICAL DIRECTOR'S MESSAGE



Paul R. Jeffords, MD

Welcome to the latest edition of *BackTalk* magazine!

For more than 10 years, the team of specialists at Resurgens Spine Center has been providing the metro Atlanta community with expert spine care. Part of that care is to educate our patients about the various spinal conditions and treatment options, and to provide helpful tips on how to prevent and treat back pain, neck pain, sciatica and other symptoms related to the spine.

In this edition, we cover a topic that is commonly experienced by many of our female patients: back pain during pregnancy. We discuss some of the causes of back pain and sciatica that can occur during pregnancy, as well as some of the treatment options. We also review the physical therapy and rehab treatments that can help relieve the back and leg pain that can be associated with pregnancy. Also in this issue, we review a diagnostic test called EMG-nerve conduction study. Finally, we highlight one of our patient success stories — a patient who had an amazing recovery from spine surgery for a life-threatening condition.

We hope that the information provided in our *BackTalk* magazine is helpful and informative.

For more spine-related education and information, visit our recently updated webpage at www.resurgensspine.com.

We are honored that you trust us to help care for your spine!

Sincerely,

A handwritten signature in black ink that reads "Paul R. Jeffords".

Paul R. Jeffords, MD
Co-Medical Director,
Resurgens Spine Center

