

PRESS RELEASE:

Aug. 19, 2009

On-Call Media Cell: (828) 674-2358

**Local orthopaedic surgeon to discuss causes, prevention
and treatment of back pain**

(Hendersonville, N.C.) John Hicks, M.D., orthopaedic surgeon with [Blue Ridge Bone & Joint](#), will present “Understanding Back Pain” at the Pardee Health Education Center on Wed., Sept. 2, from noon until 1:30 p.m.

Back pain affects 80 percent of Americans at some time in their lives. It comes in many forms, from lower back pain, middle back pain, or upper back pain to low back pain with sciatica. Common back pain causes include nerve and muscular problems, degenerative disc disease and arthritis. Acute or short-term low back pain generally lasts from a few days to a few weeks. Chronic back pain is pain that persists for more than three months.

Hicks will discuss the most common causes of back pain, how to prevent back pain and when and how to treat it. Time for questions and answers will be included in the presentation. Registration for this free presentation is required by calling 1-866-790-WELL (9355).

Hicks received his medical degree from the University of South Carolina School of Medicine in Columbia, S.C., and completed a combined orthopaedic and



neurosurgical spine surgery fellowship at the University of Virginia in Charlottesville, Va.

Hicks specializes in spinal disorders and surgery as well as general orthopaedic surgery. He serves on the medical staff at Pardee Hospital.

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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