

PRESS RELEASE

FOR IMMEDIATE RELEASE

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GREENWICH, CT – On **Wednesday, April 8th at 6:00 PM, Jeffrey Heftler, MD of ONS (Orthopaedic and Neurosurgery Specialists, PC) and Greenwich Hospital, and Alicia Hirscht, DPT, SCS, CSCS, of ONS Physical Therapy**, will present a free health seminar, **Staying in the Game: Non-operative Treatment of Low Back Pain**. The seminar will focus on common causes of low back pain and non-surgical treatment options including, physical therapy, medicines, and injections and will be held Waveny Life Care Network, 3 Farm Road, New Canaan, CT.

Dr. Heftler is an interventional physiatrist who specializes in spinal injections and other non-operative treatments for spinal and musculoskeletal disorders. *“Many Americans experience low back pain over the course of their lifetime”* said Dr. Heftler. *“The vast majority of people with low back pain are able to achieve and maintain relief without requiring surgery.”*

Alicia Hirscht, DPT, SCS, is board certified by the American Physical Therapy Association in Sports Physical Therapy where she is the Senior Clinical Specialist. Alicia lectures regularly in the community on injury prevention, adolescent sports medicine and women’s health.

The program is free and open to the public. Registration is requested. To register call, 203-594-5310 or register online at www.waveny.org. For more information on topics related to orthopedics, sports medicine and neurosurgery, visit the calendar page at www.onsmd.com.

ONS is an advanced multi-specialty orthopedic and neurosurgery practice serving patients throughout Fairfield and Westchester Counties and the New York Metropolitan area. ONS physicians provide expertise in the full spectrum of musculoskeletal conditions and injuries, sports medicine, minimally invasive orthopedic, spine and brain surgery, joint replacement and trauma. For more information, visit www.onsmd.com, or call (203) 869-1145.

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