



**Pinnacle Spine Center  
Dr. James R. Malcolm:**

*James R. Malcolm, M.D. (center) with his highly trained team at East Cobb's Pinnacle Spine Center.*

## Cobb's Cutting-Edge Spinal Surgeon

Bone morphogenic protein spinal fusions, computerized digital radiology, lumbar microdiscectomies, kyphoplasty disc repair. . .

Though this sounds like jargon from a futuristic sci-fi thriller, these are actually state-of-the-art procedures performed routinely in Cobb County by the knowledgeable and skilled surgeons at Pinnacle Spine Center, a comprehensive spinal care network with offices in East Cobb, Marietta, Austell, Woodstock, Canton and Douglasville.

“We are specialists in all aspects of spinal disorders from pediatric to geriatric, from hip dysplasia in infants

to vertebral compression fractures in our osteoporosis patients. We’re trained and experienced in the latest non-surgical and minimally-invasive surgical procedures using the most recently approved biotechnology,” explains Pinnacle spinal specialist Dr. James R. Malcolm of East Cobb.

“What this means to the patient is an increasingly shorter hospital stay, quicker recovery time, fewer complications and an excellent outcome,” Dr. Malcolm adds. “Because we have several neighborhood treatment and diagnostic facilities and utilize local hospitals and surgical centers, we are able to provide a less stressful and

more convenient environment along with the utmost in care.”

Robbie Smith, a music student at Kennesaw State University was relieved to find world-class spine care in his own backyard when he began suffering with severe lower back pain. “I played drums in marching band at North Cobb High School, and the pain became so bad that I could hardly march with the snare drums.”

Fortunately, Dr. Malcolm was close by and happens to be a member of the prestigious Scoliosis Research Society and an authority on spinal deformities. Utilizing diagnostic digital radiology and a physical exam, Dr. Malcolm determined that scoliosis, a curvature of the spine that Smith had since childhood, had progressed dramatically with Smith’s teen growth spurt and was causing his severe pain.

In August this year, Dr. Malcolm operated on Smith, correcting his lower back curve and relieving his pain with a spinal fusion. “Dr. Malcolm is wonderful--so kind and patient. He always answers all my questions and explains things. And he continuously eased my worries,

telling me that I was going to be fine. Everybody was great—real nice and helpful,” assess Smith. “The pain in my lower back is gone, and I got an inch taller from the surgery,” he adds.

Dr. Malcolm says he was not quite Smith’s age when he realized he wanted to be a doctor. A recipient of a science foundation scholarship, he had the opportunity to observe open-heart surgery. “The sight of a beating heart fascinated and inspired me,” he explains. That was the beginning of an odyssey that led him to competing in triathlons as a West Point Academy Cadet, jumping out of airplanes as an Army ranger, operating on the wounded in Saudi Arabia as a distinguished Gulf War surgeon, heading up the orthopaedic surgery centers at hospitals in Virginia and Georgia, instructing surgical students in Maryland and Georgia, and eventually to caring for spinal patients like Robbie Smith here at Pinnacle Spine Center.

“We have compassionate staff here trained to take care of complex spinal problems, using cutting-edge technology in a safe and effective manner. It’s very rewarding, and my family and I really like this community,” he sums up.

Dr. Malcolm adds that he realized early that being a doctor means being a student for life; his odyssey is unending. “It’s a constantly evolving field, and the smarter we get the more we realize just how much we don’t know.”

*You can reach Pinnacle Spine Center at one of these convenient locations: Marietta 770-427-5717, Austell 770-944-3303, Douglasville 770-949-8558, Woodstock 770-926-9112, East Cobb 770-579-8558, or Canton 770-345-5717.*

*Lorayne Bryan Weizenecker is a contributor to Cobb Living, North Fulton Living and Cherokee Living and Georgia Gardening magazines.*

## Six Tips for Preventing Back Pain

1. Exercise regularly to keep the muscles supporting your back strong and flexible.
2. Use correct lifting and moving techniques; bend your knees and evenly distribute the weight of heavy objects.
3. Maintain proper body weight; being overweight puts a strain on back muscles.
4. Don't use tobacco; tobacco users have a significantly greater chance of developing lower back pain.
5. Maintain proper posture when standing or sitting, and avoid standing or sitting in one position for too long.
6. Eat properly; good nutrition is essential to overall good health and to a healthy spine.

