



Practice News from Non-Surgical Orthopaedics, P.C.

Non-Surgical Orthopaedics, P.C. is one of Atlanta's premier non-surgical orthopaedic practices and an industry leader for the non-invasive treatment of back pain, neck pain and other orthopaedic injuries.

UNDERSTANDING DEGENERATIVE DISC DISEASE

You are able to move freely without causing severe impact injuries to your spine because of the spongy, shock-absorbing discs that separate each of the spinal vertebrae. These discs are unlike the bone they support because they are soft, gel-filled, and flexible. Degenerative disc disease is a common term associated with back pain, as it describes a condition in which the intervertebral discs are compressed and dehydrated. The condition is not actually a disease, and it is seen in most aging adults.



Understanding changes to the disc anatomy

When you get older, your soft tissues lose their ability to retain water, so they begin to dry out. As this happens in the spinal discs, they become flattened under the weight of the spine.

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TIPS FOR CREATING AN ERGONOMIC WORKSPACE

When you are working in an office environment, you may not realize the impact that your job has on your body. In fact, sitting at a desk for prolonged periods can cause you injury to the spine, shoulders, and wrists. You can minimize your chances of incurring these injuries by designing an ergonomic space at your desk where you can work comfortably every day.

Non-Surgical Orthopaedics, P.C. Patient Reviews

Thank you to all our patients for the outstanding practice reviews. Please visit our practice page to read what our patients are saying about us.

[Patient Reviews](#)

Our Excellent Staff



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Invest in a high-quality office chair: The chair you sit in has a great effect on your posture, and the wrong chair can have you hunched over in pain. Selecting the right office chair may take some time, as you will want to find one that is most comfortable to you. Features to look for in an office chair include adjustable height and arm rests, lumbar support for the lower back, and breathable upholstery on the surface.

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19 Years Of Excellence



At Non-Surgical Orthopaedics P.C., we treat problems related to the back and neck such as herniated discs and sciatica. We also treat other orthopaedic conditions including tendonitis, fibromyalgia, arthritis and repetitive motion injuries. Our goal is to eliminate pain with a strong emphasis on injury prevention.

Non-Surgical Orthopaedics P.C., is committed to providing outstanding customer service and professional patient care. Please visit our website for more information at:

www.lowbackpain.com

Georgia Institute for Clinical Research, L.L.C

Our [Clinical Research Department](#) is participating in clinical trials for the following conditions:

- Osteoarthritis (hips and knees)
- Low back pain
- Rheumatoid Arthritis
- Acute and chronic pain of any type
- Opioid induced constipation (OIC)
- Diabetic neuropathy
- Muscle spasms



We currently have a variety of study opportunities available for patients and others interested in participating in clinical trials. Typical requirements for participation in these studies include the criteria outlined below:

- Males / Females, over the age of 18
- No diagnosis of cancer within the past 5 years
- No diagnosis of gout

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Meet Our Physicians



[Arnold J. Weil, M.D.](#)
[Anthony R. Grasso, M.D.](#)

Meet Our 2011 Fellow



[Victoria Chang, M.D.](#)

Meet Our 2011 Fellow



[Gerald Chai, D.O.](#)

Appointments

- No history of seizure disorder or epilepsy
- No history of gastric bypass surgery
- Willingness to convert current pain relief regimen to an Investigational Product

All study-related care is provided including physical exams, lab services, and study medication. Compensation for participation is also available.

Please contact us if you are interested in learning more about these clinical research opportunities at 770-421-2030.

To schedule an appointment please call 770-421-1420

For important appointment information please [click here](#)

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