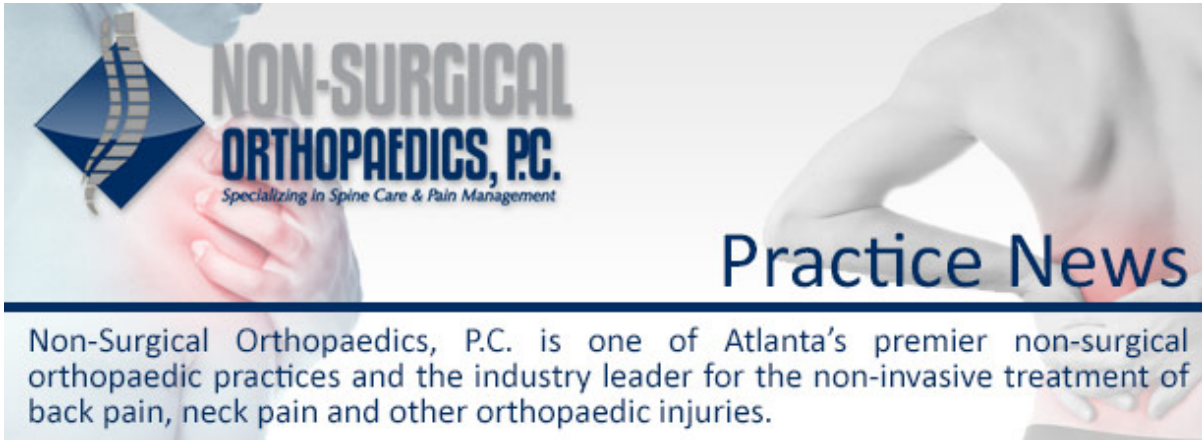


Issue: #38

FEBRUARY 2016

REQUEST APPOINTMENT



**NON-SURGICAL  
ORTHOPAEDICS, P.C.**  
*Specializing in Spine Care & Pain Management*

**Practice News**

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



**Thinking about being part  
of a research study?**

We are currently enrolling

- Chronic pain
- Low back pain
- Fibromyalgia
- Osteoarthritis of the knee
- Osteoarthritis of the hip
- Lumbar disc herniation

Our research studies include compensation for time and travel. If you or a family member are interested in getting involved with our research department, contact our Clinical Research Coordinator, Lee Ruth-Robinson at 770-421-2038

## Beginners Yoga For Tight Hips



This sequence of yoga poses is for people who are suffering with tight hips and need to find some beginner stretches that will work to help ease the pain. These are the full expression of the pose, but it is important to remember that you can modify any of these to fit your comfort level. Listen to what your body says and don't push yourself too hard. With practice you can come to the full expression of the pose...

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## Why Exercise Is Important For Patients With Chronic Pain



Chronic pain comes in many forms. Some people have fibromyalgia, others may be dealing with chronic low back or neck pain. No matter what your circumstance, we all want to find a way to reduce symptoms without medication. That's where exercise comes in. Exercise is important for keeping your body strong and flexible. When you lack those things, pain tends to feel worse and your pain threshold, meaning the amount of pain you can tolerate comfortably, is lowered...

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## Combat Low Back Pain With Meditation



Alternative treatments for chronic pain, especially low back chronic pain, are a great way to take control of your body and reduce your pain without medications. Meditation is one alternative treatment that has proved effective for people dealing with daily chronic pain. If you want to see benefits from meditation you don't have to sit and meditate for hours, in fact many studies have seen pain reduction in just 20 minutes per day...

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## The Most Common Workplace Injuries Explained



Serious workplace injuries, illnesses and fatalities are more common than you may realize. In 2014 there were close to 3 million nonfatal injuries accounted for by private industry employers. Of these injurers we will discuss a few of the most common injuries seen by physicians of workers who are hurt on the job...

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### Meet Our Physicians:



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



We have welcomed our new Nurse Practitioner  
[Mary Ann Thrasher, NP](#)



In addition we have our fellowship physician for 2015-2016  
[Ike Malik, MD](#)



Non-Surgical Orthopaedics, P.C., 335 Roselane Street, Marietta, GA 30060

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