



**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.



IMPORTANT: Frozen Shoulder Study Opportunity!

[Click here to view further information on our Frozen Shoulder study.](#)

For more information, please contact our Recruitment Coordinator.

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Your Chance to Win Autographed Sports Memorabilia from Non-Surgical Orthopaedics!

Now is your chance to win signed sports memorabilia from Non-Surgical Orthopaedics, P.C.! It's SO easy to do!! All you have to do is visit and like our Facebook Page if you haven't done so already. Then just enter the contest at the top of the page. Once we reach 750 Facebook Likes, we will do a drawing. You may only enter the contest once to be considered. However, in order to speed the drawing up, please share our [Facebook page](#) and contest link to your friends and family. The faster the likes rise, the faster you can add to or start your autographed sports memorabilia collection. Good luck!

[Continue here to enter drawing >>](#)

Schedule an Appointment!

To schedule an appointment please call 770-421-1420

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

GET CONNECTED!



[Visit our blog](#)

Download the new NSO App!

Available for FREE download by clicking the link above or searching for Non-Surgical Orthopaedics, P.C. in your iTunes app store. Our app is only compatible with Apple™ devices.

MAY | Arthritis Awareness Month

Arthritis is the inflammation of one or more joints (the area where two bones meet). There are more than 100 different types of arthritis and people of all ages are diagnosed daily. Join us this month to learn more about arthritis and create awareness. Joint pain is not meant to be overlooked, so please visit a doctor if you are experiencing **significant pain**. It is important that we take the proper steps to help ease the pain of arthritis and join the fight for a cure. Please take a minute to watch the public service announcement below directly from the [Arthritis Foundation](#).



The Faces of Arthritis PSA

Pain by the Numbers: Facts about Chronic Pain across the World

Recent studies show that approximately 20% of the World's adult population suffer from Chronic Pain. Take a look at the infographic we created to learn more surprising facts regarding pain among the adult population. If you are experiencing pain for more than a couple of weeks it is important to get it looked at. Chronic Pain is not something that should be overlooked and just "dealt with", there are always options for treatment.

[Click here to view infographic >>](#)

Yoga Stretches for Carpal Tunnel Syndrome

Carpal tunnel syndrome is a condition in which there is excessive pressure on the median nerve. This pressure can lead to obvious pain, numbness, tingling, weakness or muscle damage in the hand and fingers. If you are feeling these pains currently, you are not



Meet Our Physicians:



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

Meet Our Fellow:



[Naureen Sheikh, M.D.](#)

alone.

There are several non-surgical treatments for carpal tunnel syndrome. However, before you go for treatment, try some of these simple yoga stretches to help ease the pain you are experiencing. Please watch the video below for stretching tips. After a couple of weeks using these techniques, you are still feeling any pain in that area, it is important to see an orthopedist for further treatment.



Visit us at our new office in Canton, Georgia. Call 770-421-1420 for an appointment!

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