Issue: #41 MAY 2016

REQUEST APPOINTMENT



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 Stem Cell Therapy for your chronic pain?



Regenerative medicine offers patients a new way to treat their chronic pain or injuries naturally. Using the body's own growth factors, regenerative medicine can naturally reduce inflammation and pain in any location on the body. Click on any of the following procedures to find out more.

Our physicians are happy to discuss these procedures to find out whether they are right for you. <u>Learn more about what we can do to help by clicking here!</u>

Tips To Eliminate Back And Neck Pain At Work



For those of us who are in the workforce, we spend a significant part of the day in front of a screen or driving in the car. Both of these activities contribute to back and neck pain. We

have brought together some great tips for eliminating back and neck pain so that when you go home, you are not dealing with aches and pains from poor posture...

+Click here to continue reading

8 Headache Triggers To Avoid



If you deal with chronic headaches or migraines, you have likely learned that some headaches can be triggered by environmental, food or activity factors. Here we have listed some of the most common triggers for headaches that you should try to avoid if you are looking to reduce the frequency of your headaches...

+Click here to continue reading

4 Ways To Prevent Knee Injuries



Wearing appropriate footwear helps to support your body and avoid injuring your knee, especially if you have a job where you are standing a significant amount of time. Over time, poor support can contribute to knee, back and foot pain...

+Click here to continue reading

Can You Exercise With Arthritis?



Yes! You can exercise with arthritis. One in 5 people over the age of 18 are suffering with arthritis, which amounts to about 50 million adults who have been diagnosed with arthritis. In the United States arthritis is the leading cause of disability. A third of people within working ages who have arthritis have limited ability to work, missing 172 million sick days a year due to arthritis...

Meet Our Physicians:



Arnold J. Weil, MD Anthony R. Grasso, MD



Our Nurse Practitioner Mary Ann Thrasher, NP

Our office is proud to announce that we have a new physician starting in June. Stay tuned for more information about this exciting update to our team!















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

SafeUnsubscribe™ {recipient's email} Forward this email | Update Profile | About our service provider Sent by nonsurgicalorthopaedics@lowbackpain.com in collaboration with



Try it free today