



## 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.

### HOW THE HEALTHY SPINE WORKS

Your spine is an amazing structure with the flexibility that allows you to move freely and the strength to support your body weight. A healthy spine is not only responsible for your mobility, but also for protecting large portions of the nervous system. Learn more about how a healthy spine works in this overview of spinal anatomy:



- Vertebrae

The spine is composed of 33 vertically stacked vertebrae. Hollow in the middle, the vertebrae create four natural curves in the spine for stability and balance. Some vertebrae are small and allow for a great amount of flexibility. In other regions, the vertebrae are closer together for maximum strength and stability.

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SHOULD I STRETCH BEFORE GETTING OUT OF BED?

**Our Doctors are now performing Prolotherapy for acute & chronic pain.**

[Learn more...](#)

**Our Excellent [Staff](#)**



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Because slipped discs generally occur within the first hour of your day, it's very important that you stretch your back as soon as you wake up. Back muscles can constrict during sleep and may not be ready for exertion as soon as you get out of bed. Your mind may already be awake, but your body requires some special attention in order to catch up. Think of it like warming your car before driving out into the snow.



### Lower Back Stretch

The erector spinae, or, lower back,.....

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## 20 Years Of Excellence



As we begin our 20th year at Non-Surgical Orthopaedics P.C., we would like to take this opportunity to thank all those who have helped make us a success. For our loyal referring physicians and providers, we wish you a happy new year and thank you for your never-ending support. We would also like to

recognize our outstanding staff and in 2013 we will continue to provide the best customer service around.

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](http://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

## Meet Our Physicians



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

## Meet Our 2012 Fellow



[Anushka Perera, M.D.](#)

## Meet Our 2012 Fellow



[Calvin Damper, D.O.](#)

## Appointments

To schedule an appointment please call 770-421-1420

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

- 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
- 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.

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