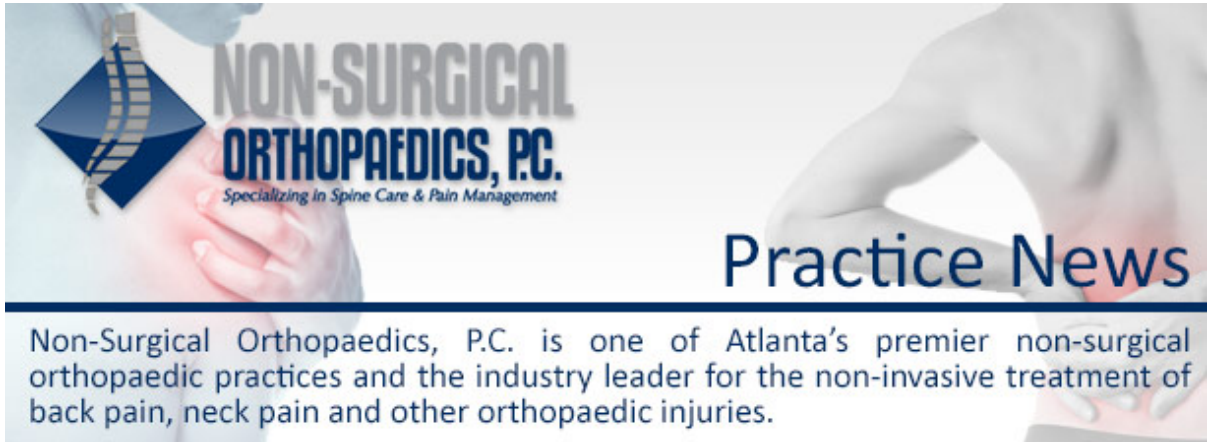


Issue: #35

NOVEMBER 2015

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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.



November is the month that we have a chance to sit down with loved ones and celebrate all the reasons we have for being thankful. Join us and give thanks this month!

FOLLOW US ON
Instagram  

Our practice is now on Instagram!
Click above and follow us at NonSurgicalMD



Yoga for the Upper Body

This week's blog post is a continuation of yoga series we started last month. This time, there is a focus on upper body pain, particularly the shoulders and neck. Practice these poses at home to help combat any upper body pain you may be experiencing...

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7 Ways to Relieve Your Headaches

Acupuncture is something that everyone has heard of, but no one really knows how it works. It is the process of sticking thin needles into the skin in order to restore the even flow of energy in the body, often called qi or chi (pronounced CHEE). By restoring this flow, many have found relief of their chronic

pain, including chronic headaches and migraines. In fact, some ...

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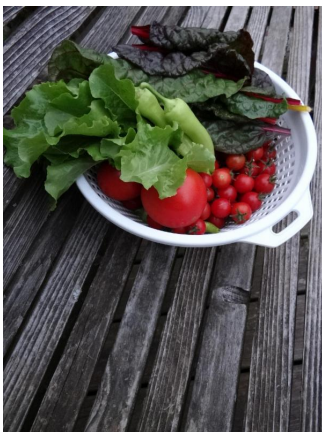


Causes of Neck Pain & How to Combat It

Many people have experienced neck tension or pain. But, many aren't sure how it is caused or how to effectively treat it. However, you'll be happy to know that it isn't hard to find relief and manage your chronic neck pain! Here are a few

likely causes for your pain, plus some easy tips to follow in order to tackle it..

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Alternative Treatments for Chronic Pain

This ancient form of Chinese medicine has been shown to have a plethora of benefits, the most prominent being pain management. This procedure consists of the strategic insertion of very thin needles into different parts of the body...

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Meet Our Physicians:



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

We have welcomed our new fellow, Ikram Malik, M.D. and our Nurse Practitioner, Mary Ann Thrasher. Stay tuned for more information about our new additions!



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