



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.

HOME REMEDIES FOR SHOULDER PAIN

Many home treatments exist to reduce mild to moderate shoulder pain. Often, your doctor will recommend that you use some of the home treatment techniques outlined in this article to complement your shoulder rehabilitation.



One of the most important things to keep in mind when recovering from shoulder pain is that you need to rest the injured shoulder, and if any activity is causing your pain to increase, you are exceeding your limits.

[Read More](#)

WARMING UP AND STRETCHING PRE ACTIVITY

If you want to avoid sports injuries, warming up and stretching before you exercise is essential. Warming up and stretching prepare your body so you are less likely to sustain an injury.

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Preventing an injury before the fact is always preferable to managing pain after injury has occurred. Here is a look at why warming up and stretching matter so much and some techniques you can use before your next workout.

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20 Years Of Excellence



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. Our physicians are Board Certified and experts in their field.

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

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
- 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

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Meet Our Physicians



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

Meet Our 2013 Fellow



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

Meet Our 2013 Fellow



[Ben Mega, M.D.](#)

- 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.

Appointments

To schedule an appointment please call 770-421-1420

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

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

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