



Issue: # 6

June 2011



**NON-SURGICAL
ORTHOPAEDICS, P.C.**
Specializing in Spine Care & Pain Management



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.

10 DUMB THINGS PATIENTS DO AT THE DOCTOR'S OFFICE

Here are the Top 10 things patients do to mess up their own care:

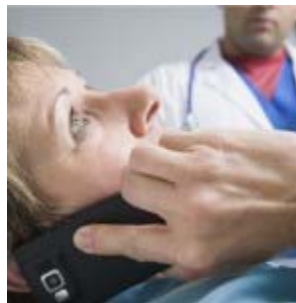
1. You talk on your cell phone.

This is your health we're talking about. Other calls can wait. Turn the thing off.

2. You lie.

We need to treat you the best way we can, so tell us what we need to know. If you drink a bottle of tequila every night, your doctor needs to know. If you're having an affair and not using condoms, let your doctor know.

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Join the Non-Surgical
Orthopaedics Patient
Referral Program!

Make 3 patient
referrals to Non-Surgical
Orthopaedics and be
entered to win an iPad 2!

*3 referrals must be seen as patients to qualify.

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HOW EXERCISE CAN REDUCE PAIN



Cold weather makes it easier to stay indoors and skip your daily exercises. However, the pain you may be experiencing could be directly related to not getting enough exercise. Did you know daily activity can improve your overall well being as well as your mood?

Here are a few ways in which exercise can help your body:

The Brain: Exercise in men and women can increase the level of endorphins and serotonin produced in the body. Endorphins are important because they help fight pain. Serotonin also helps to block

your brain's perception of pain because it increases the flexibility of blood vessels. For women, exercising has the ability to stabilize the hormone estrogen within the body.

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18 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.

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
- Shoulder pain
- Acute and chronic pain of any type
- Opioid induced constipation (OIC)
- Diabetic neuropathy
- Muscle spasms



We currently have a variety of study opportunities for patients and others interested in participating in clinical trials. Typical requirements for participation in these studies include the criteria outlined below:

- Males / Females, ages 18-75
- No diagnosis of cancer within the past 5 years
- No diagnosis of rheumatoid arthritis or gout
- No history of seizure disorder or epilepsy
- No history of gastric bypass surgery
- No corticosteroid injections within past 3 months
- No hyalgan injections within past 6 months
- Willingness to convert current pain relief regimen to an Investigational Product

Please contact us if you are interested in learning more about these clinical research opportunities at 770-421-2030.

Meet Our Physicians



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

Meet Our Newest Physician



[Stephen Q. Parker, M.D.](#)

Meet Our 2011 Fellow



[Geoffrey Jones, M.D.](#)

Appointments

To schedule an appointment please call 770-421-1420

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

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