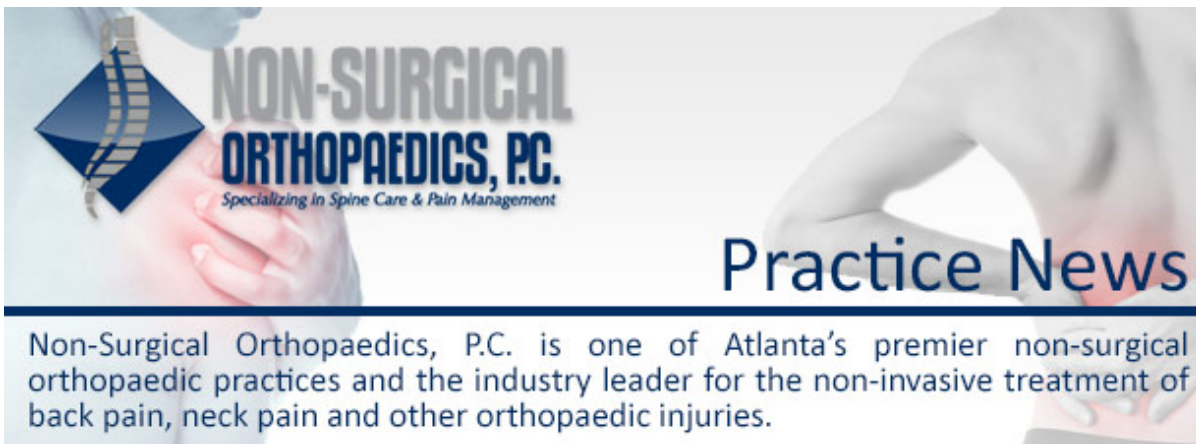


Issue: #36

DECEMBER 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.



From everyone at Non-Surgical Orthopaedics, we wish you happy holidays for the month of December!



Please take a moment and vote for our practice to win Kudzu's Best of 2015. Each vote enters you to win a trip for two to the Bahamas! Click above on the Kudzu badge to get to the voting

site.



## Holiday Foods That Fight Depression

Thanksgiving is finally here! As you plan the menu, keep in mind these foods that can combat holiday blues that many of us inevitably experience. Go ahead and eat your favorite foods, they might just be as beneficial to your brain as they are to your belly...

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## What is causing your foot and ankle pain?

Foot and ankle pain can be caused by a host of different issues. From injury to muscle fatigue to "wear and tear", this type of pain has been experienced by most people at some point in their lives. In this post, the most common causes of foot and ankle pain will be discussed....

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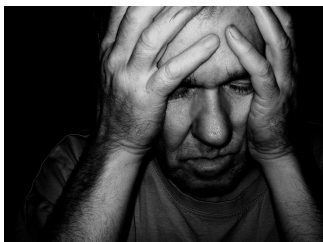


## Office Stretching 101

Sitting at a desk all day can do major damage to your entire body. That's why it's important to keep moving and stretching throughout your day at the office. This seems easy enough. But did you know that it can be so easy, you won't even have to leave your office to do it? Here are a few easy stretches you can do to combat stiffness and pain without ever leaving your

desk! ...

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## 4 Common Types of Headaches

Every person has experienced headaches at some point in their life. But the type, frequency and cause of these headaches vary from person to person. It is common for you to get a headache from time to time, but if they are becoming more frequent or are affecting your quality of life, it may be time to get to the root of

the problem...

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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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