



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.

Happy New Year!



Happy New Year from Non-Surgical Orthopaedics, P.C.!

Join Us To Celebrate 10 Years Of Our Center For Spine Procedures!

Keep monitoring our social media for updates on our upcoming 10 year anniversary celebration of the Center For Spine Procedures. All patients are invited to stop in for cake and promotional items.



Congratulations To Our iPod Shuffle Winner!

Schedule an Appointment!

To schedule an appointment please call 770-421-1420

[REQUEST APPOINTMENT](#)

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Download the new NSO App!

Available for FREE download by clicking the link above or searching for Non-Surgical Orthopaedics, P.C. in your iTunes app store. Our app is only compatible with Apple™ devices.



Remember to keep up with us on our social media and you could win some amazing prizes! This month our patient Patrick Stanley won our iPod Shuffle.

Congrats to you, Patrick!

Tips For Managing Holiday Stress And Better Sleep



For most of us, stress is just part of the holiday season. Cleaning, cooking, finances, screaming kids. It can become a lot to handle. Stress is one of those things that doesn't just affect your mood, it can pour out into your health, your sleep, and lead to back and neck pain. Here are some great tips to help you get to sleep and manage your stress this holiday season.

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Your Guide To Understanding Spinal Stenosis



Spinal stenosis is caused when the spaces in the spinal column begin to narrow, or there is some kind of intrusion into them. Spinal stenosis can be very painful and it's important to work closely with your doctor to find out what treatment options will work for you.

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Tips Low Back Pain Sufferers Will Want To Know



Eight out of ten people will suffer from back pain at some point in their lives. As anyone who has chronic back pain knows, if medication doesn't help, you start looking for alternative options to help ease the pain. We have found 6 helpful tips that can help you do just that. We hope they work for you.

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Non-Surgical Back Pain Guide To Injections

Chronic back pain can leave you watching life from the sidelines, but undergoing surgery is not the solution for everyone. In fact, most people with back pain can get relief from non-surgical pain management strategies like injections, saving themselves from the risks and long recovery periods associated with more invasive



Meet Our Physicians:



Arnold J. Weil, MD
Anthony R. Grasso, MD

Meet Our Fellows:



Nicole Forsythe, M.D.





treatments.

[Yolanda Scott, M.D.](#)

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

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