



**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.

### TIPS FOR SLEEPING WELL WITH CHRONIC PAIN

Sleep disturbances are one of the most common and debilitating side effects sufferers of chronic pain must deal with, and not getting enough sleep can create a detrimental effect on waking life. Establishing a healthy environment to sleep in, creating personal sleep strategies, and partnering with health care providers could be your key to a better night's sleep.



#### Prepare Yourself and Your Environment

Whether you realize it or not, your body has a natural sleep schedule, and chronic pain disturbs and disrupts it.

[Read More](#)

### WAYS TO PREVENT MUSCLE STRAIN INJURIES

Strains are injuries to the muscles and ligaments of your body. These injuries cause pain and inflammation, affecting your ability to move or sit comfortably. Especially if you have an active lifestyle, taking steps to prevent injuries should be an important part of your routine.

#### Stretch Before Activity

Stretching should be an important part of any workout. A proper stretching routine need not be complicated to effectively prepare your muscles and

**Our Doctors are now  
performing  
Prolotherapy for acute  
& chronic pain.**

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ligaments for movement to prevent injury.



### Strengthen Your Muscles

Strengthening your muscles provides support to the joints and decreases your likelihood of incurring injuries.

[Read More](#)

## 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](http://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

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### Meet Our Physicians



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

### Meet Our 2012 Fellow



[Anushka Perera, M.D.](#)

### Meet Our 2012 Fellow



[Calvin Damper, D.O.](#)

### Appointments

To schedule an appointment please call 770-421-1420

outlined below:

- Males / Females, over the age of 18
- No diagnosis of cancer within the past 5 years
- 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

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

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.

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