



**SPOTLIGHT On Our New Procedure  
PRP- Platelet Rich Plasma Injections**

**Did you know your own blood and bone marrow contain bioactive proteins that initiate and control the healing process? At Non-Surgical Orthopaedics, we can provide platelet rich plasma for those suffering from orthopaedic-related pain. We use special equipment to draw and process your own blood, then inject the processed blood into your injury site using fluoroscopy or ultrasonic guidance. The process of platelet rich plasma takes about one to two hours and the site of injection may be painful for one to two weeks. Platelet Rich Plasma (PRP) technique can be repeated as much as possible to achieve the following:**

- **Pain reduction**
- **Joint strengthening**
- **Ligament and tendon repair**
- **Improved function**

Platelet rich plasma uses your own blood that is processed to help minimize orthopaedic-related pain. It is completely safe and an effective form of pain management treatment.

**[Click here to view further information on our PRP Injections.](#)**

**Caring For An Aging Relative | When The Pain Goes Unnoticed**

If you have an aging relative (parent, grandparent, aunt, uncle, etc.) close to you, you are probably aware by now how difficult it can be to watch the struggle that normal life's daily challenges take on

**Schedule an Appointment!**

To schedule an appointment please call 770-421-1420

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

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them.

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## Decreased Weight Can Decrease Joint Pain

Sounds obvious right? Well, it is. Extra weight puts extra pressure on the joints putting you at higher osteoarthritis risk, among many things. If you are already prone to arthritis, maintaining a healthy weight can at least slow down the development.

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## Wheelchair Exercises

Spinal cord injuries resulting in paralysis of some type affect more than 250,000 people in the United States, according to the National Spinal Cord Injury Statistical Center. This can mean long-term confinement to a wheelchair, and create challenges to maintaining physical fitness levels. Even if you are only confined to a wheelchair for a short amount of time, you can still exercise to keep your muscles strong and your endurance high. As long as your doctor gives you the OK, wheelchair exercises can be fulfilling and beneficial.

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## Recovery Tips To Help Prevent Muscle Soreness

Some people call it a "good" pain, but the truth is that no one really enjoys getting out of bed the morning after an intense workout. Your body is tense, your muscles feel weak and swollen, and you are ferociously hungry. You may feel like you never want to return to the gym again, but exercise-induced muscle damage and the steps you take to recover are all part of becoming a better athlete. Knowing the right steps to take to recover are essential for muscle repair and injury prevention, and the good news is that it's easier than you might think.

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## Meet Our Physicians:



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

## Meet Our Fellow:



**Naureen Sheikh, M.D.**

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

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