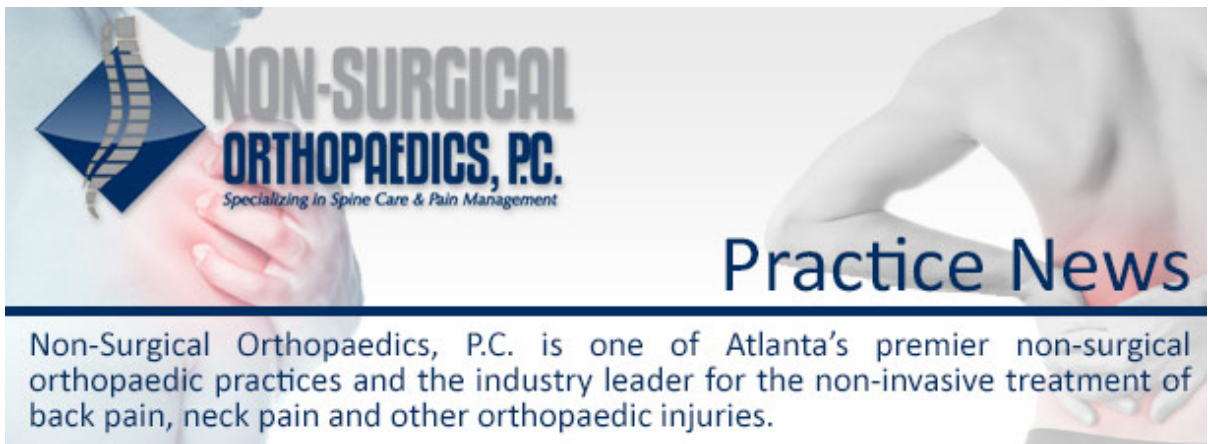


Issue: #45

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REQUEST APPOINTMENT



**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.

## Find out about our stem cell and PRP therapy



Did you know that PRP injections are a non-surgical treatment that is perfect for anyone with previous injuries, joint pain, tendonitis, or ligament pain? Learn about all our stem cell injections by [clicking here](#).

## Follow Us On Social Media

Our office is active on all social media. Click on the icon below and be sure to follow us for updates!



## 4 Tips For Choosing The Correct Footwear For Back Support



Did you know that the shoes you choose can contribute to pain in the back, knees, hips and feet? Your footwear can change the way you walk and your posture while you move. Here are a few tips we gathered to keep your spine aligned...

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## Neck Pain Causes And Treatment



Neck pain is a very common complaint, especially from people who are constantly standing or looking down. Prolonged standing or bending and looking down puts stress and weight on the spine. Other causes of neck pain can include injury such as whiplash from a car accident, arthritis, or poor posture...

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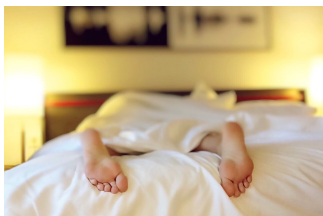
## 7 Ways You Can Start Reducing Your Stress Today



In a study from 2011, 22% of Americans felt that they were extremely stressed. Believe it or not stress effects more of your everyday life than you may realize, including not just your emotional health but also your physical health. For patients dealing with chronic pain conditions, rises in stress often mean rises in pain and flare ups. Here we have listed some tips on how to reduce stress and hopefully in turn reduce the secondhand effects stress has on your body....

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## Worst And Best Foods For Great Sleep



Sleep is an important part of keeping your body healthy, both mentally and physically. If you are not getting enough sleep you are at a higher risk for things like heart disease, obesity, kidney disease, high blood pressure, strokes and diabetes. Check out our list of the worst and best choice for your best night's sleep ever...

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### Meet Our Physicians:



[Arnold J. Weil, MD](#)  
[Anthony R. Grasso, MD](#)  
[David D. Tran, MD](#)  
[MaryAnn Thrasher, NP](#)



Non-Surgical Orthopaedics, P.C., 335 Roselane Street, Marietta, GA 30060

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