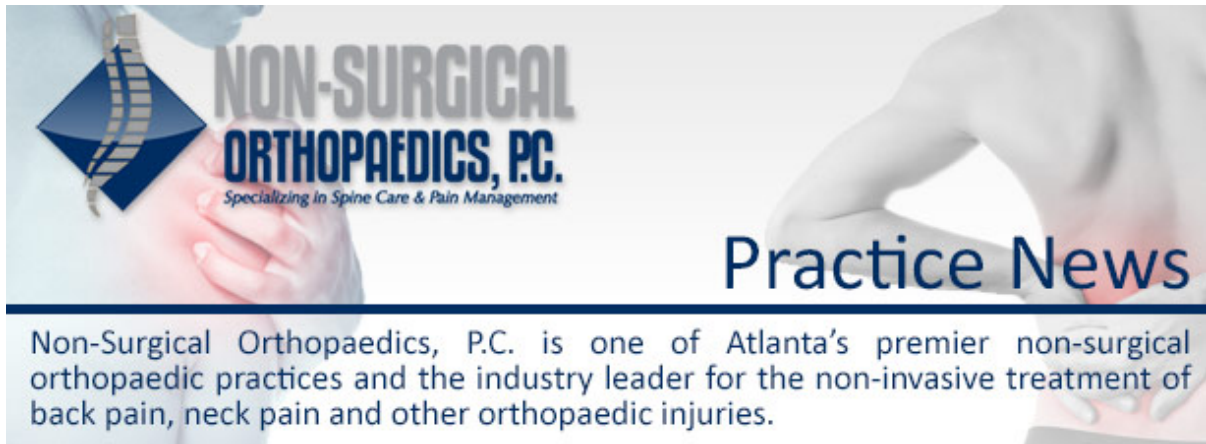


Issue: #37

JANUARY 2016

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.



This year make your resolution to finally get out of chronic pain.
Talk to our physicians to find out what kind of non-surgical
treatment options are available for your condition.

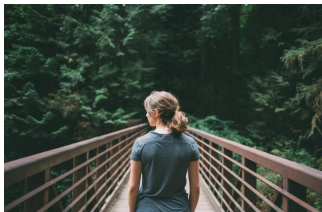
Daily Habits That Contribute To Back Pain



Almost everyone has had bad posture at some point in their life, especially if they sit at a desk or in the car for a good amount of the day. Slouching can add serious strain to the spine, which is the main support system of the whole body. Plus, the longer you have bad posture, the more likely you are to have a complete change in the structure of the spine...

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Your Guide to Walking More



If you are struggling with chronic low back pain you have probably tried multiple treatment options and various medications to try to eradicate it. According to this article on Huffington Post, a recent study shows that walking daily can be as effective on reduction of pain as physical therapy...

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Lower Inflammation With These Foods



Chronic inflammation is linked to many major diseases including heart disease, cancer, arthritis, and depression among others. Which is why it is so important to make sure inflammation isn't threatening your health. Although many medications can help to calm the inflammation, many people forget that chronic inflammation can also be fought with dietary changes...

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Carpal Tunnel 101- Causes, Treatment and Prevention



Carpal tunnel syndrome happens when the median nerve in the wrist is pinched or restricted. This is a very common syndrome and is treatable by a physician. Carpal tunnel can be caused by a genetic predisposition or through repetitive motions such as data entry, assembly line work, or even things like sewing or cutting hair. This condition is three times more likely to develop in women than in men...

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Meet Our Physicians:



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



We have welcomed our new Nurse Practitioner
Mary Ann Thrasher, NP

In addition we have our fellowship physician for 2015-2016
Ike Malik, MD



[Forward email](#)



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