



# 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.

### Refer A Friend, Be Entered To Win!

We are still picking a winner every month. All you have to do is refer someone to our office and you are automatically entered to win 2 Braves tickets!



### Amniotic Stem Cell Injections

Our office is excited to announce our participation in a new treatment option for patients. Amniotic stem cells have been found to contain a rich source of growth factors, proteins, cytokines and other important compounds. All of which are essential to support the body's natural regenerative healing process. Scientific studies have shown that this non-immunogenic allograft can reduce inflammation and scar formation.

Talk to our physicians today about this new treatment option to find out if it is right for you.

### Schedule an Appointment!

To schedule an appointment please call 770-421-1420

[REQUEST APPOINTMENT](#)

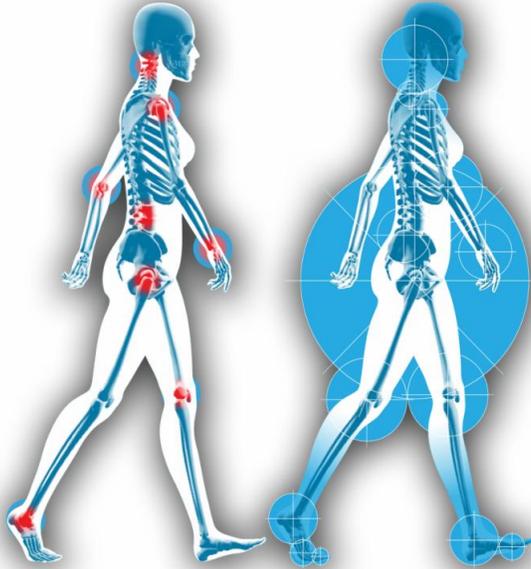
### Get Connected



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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.



## Chronic Pain Treatment Options



The answer to beating chronic pain isn't one size fits all, so for those who are suffering sometimes it's hard to find the right mix of treatments to help them get rid of pain. Chronic pain can develop from many different sources including an underlying disease or disorder, injuries such as a car accident, arthritis, and it can even develop from no known source. Here is a list of different treatment options in hopes that you can find something new that may help you relieve pain.

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## Diet Changes That May Help You Get To Sleep



It's no surprise that your diet can affect all areas of your life, from your sleep to stomach problems and beyond. Without sleep you become at a higher risk for heart disease, obesity, high blood pressure, stroke and diabetes. Here are some great foods and supplements that can help you get a good nights rest without having to turn to prescription medications.

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## Shoulder Arthritis



Arthritis affects more than 50 million Americans. Shoulder arthritis is one type of arthritis that when left untreated can make it hard to do simple everyday tasks. Here are a few common forms of shoulder arthritis. If you think you may be suffering with arthritis of the shoulder, you should discuss treatment options with your physician.

## Meet Our Physicians:



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

## Meet Our Fellows:



**Nicole Forsythe, M.D.**



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

## Sciatica: Pain That Travels Down The Legs



The sciatic nerve originates in the low back at L3 and travels down through the back of the legs. When this nerve is irritated, sciatica can develop. The sciatic nerve is the largest nerve in the body. Depending on where your sciatic nerve is being irritated will depend on where you are experiencing pain. Sciatica can cause pain, tingling, or numbness that travels down the leg and even into the foot.

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

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