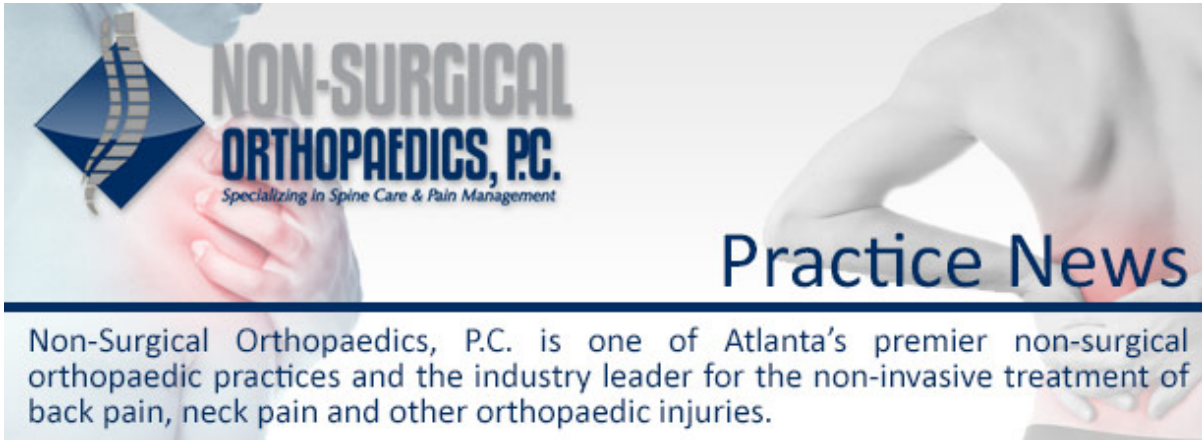


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REQUEST APPOINTMENT



**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.



Stem Cell Therapy

Healing your body, naturally



Regenerative medicine offers patients a new way to treat their chronic pain or injuries naturally. Using the body's own growth factors, regenerative medicine can naturally reduce inflammation and pain in any location on the body. Click on any of the following procedures to find out more.

[Prolotherapy](#)
[Platelet Rich Plasma Therapy \(PRP\)](#)
[Intradiscal PRP](#)
[Amniotic Stem Cell Therapy](#)
[Bone Marrow Aspirate Concentrate \(BMAC\)](#)

Our physicians are happy to discuss these procedures to find out whether they are right for you.

What To Eat For Your Best Sleep



Getting the proper amount of sleep is important for everyone, but it is especially important for any patient dealing with chronic pain. Lack of sleep tends to worsen symptoms, and when your pain is worse you have less restorative sleep, which makes pain worse the following day. It is a cyclical pattern that is best avoided at all costs. Here we identify what foods can help get you to sleep and what you should avoid...

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Tips To Reduce Your Stress And Anxiety



Many people fail to realize the link between chronic pain and stress or anxiety. Everyone may have anxious thoughts and feelings, but it is very often seen in patients who experience daily chronic pain. For many of those people, their chronic pain symptoms are the reason for the anxiety, with gloom and doom thoughts that only make their pain get worse. For others...

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Quick Fixes For Chronic Headaches



If you are dealing with chronic headaches or migraines you may have exhausted every medication and treatment available and not found something that works. Here we have identified some treatments you may not have tried yet. Always consult with a physician about what the best treatment options for your circumstance are...

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A Look At Sports Injuries



There are many different treatment options for someone dealing with an athletic injury. The physician will consider your medical history as well as the severity and type of injury to recommend the most effective type of treatment. Here is a look at a few of those treatment options that a physician may recommend...

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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](#)



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

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