

**IMPORTANT: Research Study Opportunity!**

Do you have pain from a traumatic injury or surgery? We have a research program that you may be interested in learning more about. Please click the link below for more information and call our Recruitment Coordinator, Vickie Polk at 770-421-2038.

[Click for Research Study Information](#)

**Vickie Polk**

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**Pain Management Tips for Traveling**

The sun is coming out. Weather is starting to get warmer. Business conferences are springing up. Beach vacation packages are going on sale. Kids are counting down to spring break. It's that time



of year ... time to start planning your upcoming travels! If you have chronic pain, don't let that stop the planning. By taking the steps to properly plan, your vacation and all of the activities that come along with it can be done comfortably. Thanks to these tips from everydayhealth.com, we have just the advice you need to get you out the door and on your way to a holiday in the sun! Please read below for official article.

[Click here to continue article](#)

**Schedule an Appointment!**

To schedule an appointment please call 770-421-1420

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

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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.

## Why does my back hurt?

There are plenty of common causes that can bring on mild to severe back pain. Often times, a heating pad, a hot shower and some quality stretching can take care of the problem. However, if your back pain feels more severe, chances are there could be an underlying cause that may require a doctor visit. Below is a list of some of the most common causes for back pain:

[Click here to continue article](#)

## 8 Foods to Assist with Pain Relief

Working with people who are experiencing chronic pain, we get asked quite often about eating habits that will help their body feel better. While we can take care of you



during your visit in the NSO office, unfortunately, we can't be at your house to cook for you every day. So instead, we have done our research and provided you with 8 foods to assist with pain relief. Most of these foods have anti-inflammatory properties that naturally ease pain. Wait there's more ... we've also included several recipes that incorporate these foods because let's be honest, who really likes to snack on ginger root? Enjoy!

[Click here to continue article](#)

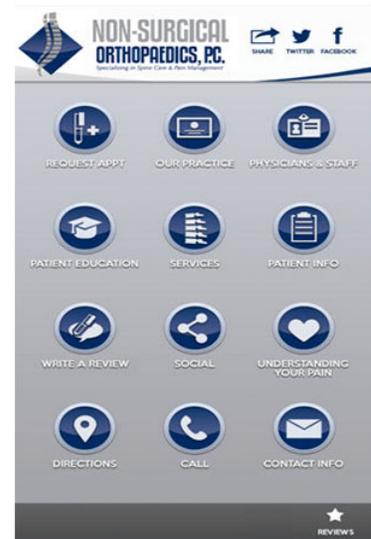
Have you seen our new practice overview video yet?



You may have already seen this video on Facebook, Google+ or any of our other social media sites. However, if you haven't seen it, please watch our newest Non-Surgical Orthopaedics, P.C. Overview video. The video has great information about what exactly we do at our office, our specialties, patient education opportunities, etc. [Here is a link to our video](#) so you can learn more about our practice.

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