



## Practice News from Non-Surgical Orthopaedics, P.C.

Non-Surgical Orthopaedics, P.C. is one of Atlanta's premier non-surgical orthopaedic practices and an industry leader for the non-invasive treatment of back pain, neck pain and other orthopaedic injuries.

### PREVENTING COMMON SKI INJURIES

Skiing can be a fun winter sport, and like all sports, presents risks of injuries and pain from skiing mishaps. The most common ski injuries are:

#### **Knee Sprains**

The most common skiing injury of all times, knee sprains happen when a ligament around the knee joint is injured by tearing or stretching too far. The injury can be caused by too much strain on the knee or bending of the knee in the opposite direction from its normal bending. Wearing a knee brace, designed especially for this type of protection, can prevent this common ski injury from happening, and can help you recover if an injury does occur.



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### 5 HABITS THAT HURT YOUR BACK

Back pain isn't just about heavy lifting or sleeping the wrong way. Here are some surprising everyday habits that cause aches and pains-and how to feel better.

#### **1. You're Chained to Your Desk**

Did you know that sitting puts 40 percent more pressure on your spine than standing? Let's be honest: Maintaining proper posture is probably the last thing you're thinking about when under a major work deadline. And on a jam-packed day, regular stretching breaks may

### February Blood Drive Successful

Georgia Institute for Clinical Research LLC and Non-Surgical Orthopaedics, P.C. are proud to have sponsored a very successful blood drive in February, 2012.



### Our Excellent Staff



not seem like a wise way to spend your time. But skipping these habits may cause your back to suffer. That's because back muscles will weaken if you don't use them; inactive joints lose lubrication and age more quickly.



**Fix It:** Sitting at a 135-degree angle can reduce compression...

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## 19 Years Of Excellence



At Non-Surgical Orthopaedics P.C., we treat problems related to the back and neck such as herniated discs and sciatica. We also treat other orthopaedic conditions including tendonitis, fibromyalgia, arthritis and repetitive motion injuries. Our goal is to eliminate pain with a strong emphasis on injury prevention.

Non-Surgical Orthopaedics P.C., is committed to providing outstanding customer service and professional patient care. Please visit our website for more information at:

[www.lowbackpain.com](http://www.lowbackpain.com)

## Georgia Institute for Clinical Research, L.L.C

Our [Clinical Research Department](#) is participating in clinical trials for the following conditions:

- Osteoarthritis (hips and knees)
- Low back pain
- Rheumatoid Arthritis
- Acute and chronic pain of any type
- Opioid induced constipation (OIC)
- Diabetic neuropathy
- Muscle spasms



We currently have a variety of study opportunities available for patients and others interested in participating in clinical trials. Typical requirements for participation in these studies include the criteria outlined below:

- Males / Females, over the age of 18
- No diagnosis of cancer within the past 5 years
- No diagnosis of gout
- No history of seizure disorder or epilepsy
- No history of gastric bypass surgery

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## Meet Our Physicians



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

## Meet Our 2011 Fellow



[Victoria Chang, M.D.](#)

## Meet Our 2011 Fellow

- Willingness to convert current pain relief regimen to an Investigational Product

All study-related care is provided including physical exams, lab services, and study medication. Compensation for participation is also available.

Please contact us if you are interested in learning more about these clinical research opportunities at 770-421-2030.



[Gerald Chai, D.O.](#)

## Appointments

To schedule an appointment  
please call 770-421-1420

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

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