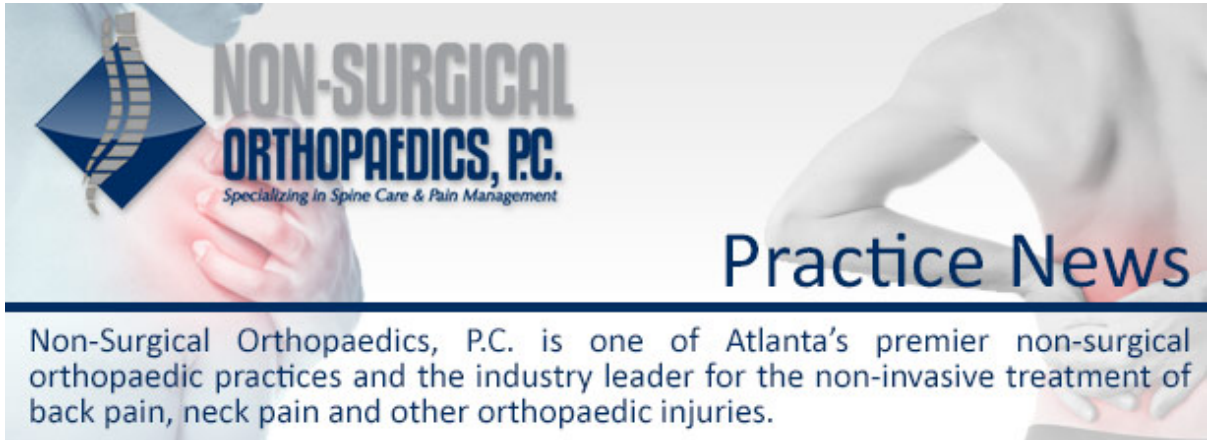


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**NON-SURGICAL  
ORTHOPAEDICS, P.C.**  
*Specializing in Spine Care & Pain Management*

## 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.



## Spring Into The Season With A Check-Up From Our Physicians

Spring is here, the flowers are blooming. It's time to get ready to be in the outdoors more and what better way to prepare than to get yourself checked at our office! We want you to enjoy this season and live pain free. [Learn more about what we can do to help by clicking here!](#)

### Yoga For Knee Pain



These yoga poses are great for building strength and preventing future knee injuries. If you are dealing with knee pain or weakness in your knees, give this sequence a try to regain some of your mobility...

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## Sports Injury 101- What To Do When It First Happens



Sports injuries are often not preventable, so it is important to be prepared and ready in case one happens to you or your child. When you receive proper care after a sports injury you increase the chances that a long term condition will not develop. Things like rheumatoid arthritis, sciatica and osteoarthritis are some of the conditions that could develop. Follow these tips to make sure your sports injury has the best chance of healing...

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## How To Prevent Workplace Injuries



Workers' compensation injuries happen everyday in many different occupations, not just those doing manual labor. Knowing how to avoid these injuries in the first place is the best way to prevent them from ever happening. Workers' compensation injuries can cause disability, pain and require ongoing treatment from a team of qualified physicians. Here we list a few ways you can prevent injuries...

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## Is It Fibromyalgia Or Polymyalgia? Know The Difference

## Between The "-algias"



There is a lot of overlap between fibromyalgia and polymyalgia rheumatica, so it's important to know the difference, which may make it easier to treat and find pain relief in the long run. These two conditions are often mistaken for one another, so here we show you how they overlap and how they differ...

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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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