

**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.

Thank You for your vote!



Thank you so much to all of our wonderful patients who voted for us to win Kudzu "Best Of" Business in 2013!

[...] "We are proud that our patients and Kudzu users voted us as one of the best orthopaedic practices in Atlanta," said Dr. Weil. "We take great pride in ensuring that all of our patients feel welcome and

comfortable each time they visit our offices from the moment they walk through our door." [Continue Reading >>](#)

A Balanced Diet to Ease Joint and Back Pain

It's a question we get asked at Non-Surgical Orthopaedics quite often, what can I do on my own to help the pain?. Ensuring that you have the healthiest lifestyle possible is extremely important, not just for easing pain but for your total well-being. There are several parts in building a healthy lifestyle. However, we like to start with eating. We have put together an infographic that suggests several healthy options to help ease many common joint and muscle pains. A balanced diet and eating right from head to toe is the fuel that helps your body feel its best. [View infographic >>](#)

Is Sitting Too Much Good For You?

Not if it hurts your back. Do you sit in front of your computer all day? Have you experienced excruciating pain on your back when you try to stand up or bend down? This is a sign that you have been sitting for far too long for your own good. Sitting all day is not good for you. [Continue reading for tips >>](#)

Also related see - [Best Chairs to Ease Back Pain](#)

An Overview of Magnetic Resonance Imaging

When you visit an orthopedic specialist, the first step in developing a

Schedule an Appointment!

To schedule an appointment please call 770-421-1420

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

GET CONNECTED!



[Visit our blog](#)

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.

treatment plan is to diagnose the underlying cause of your symptoms. The orthopedic doctor may recommend magnetic resonance imaging (MRI), a test that creates images of your internal structures through the use of radio wave energy and a magnetic field. Some of the medical conditions an MRI may be useful in diagnosing include arthritis, ligament and tendon tears and herniated discs. [Continue reading >>](#)

Non-Surgical Orthopaedics Staff Spotlight:



MEET SHANNON MATTHEWS!

What is your title and what do you do?

I am the Marketing Director. My main goal is to help market our different practice locations, make sure our digital marketing is on point and encourage everyone (both patients and staff) to engage in our social media.

How long have you worked at Non-Surgical Orthopaedics, P.C?

2 months

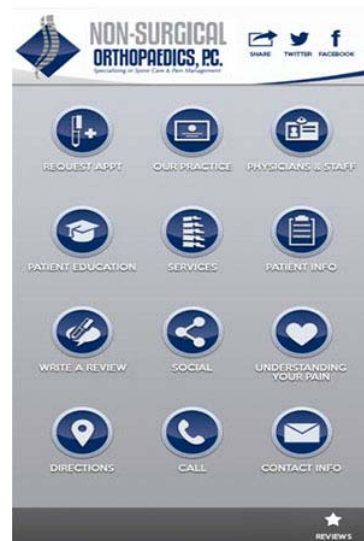
What do you like most about your job?

To start with, the staff at Non-Surgical Orthopaedics are great. They are all so easy to work with and really inviting. I also really enjoy having all of our involved patients give their feedback about their experience here. It's nice to know so many people have been patients at NSO for so long and have such great things to say about the practice.

Share a fun fact about yourself.

I am competing in my first triathlon on January 12th. I've been a long distance runner fundraising and participating in Leukemia & Lymphoma Society's Team in Training program for several years but this year I chose to add biking and swimming to the mix. The tri is a week away and the swim is an area of the ocean (yes ... OCEAN!) that everyone keeps telling me will be super calm ... here's hoping!!

Georgia Institute for Clinical Research, LLC



Meet Our Physicians:



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

Meet Our Fellows:



Naureen Sheikh, M.D.

Providing Tomorrow's Therapies Today



Ben Mega, M.D.

Are you a patient interested in learning about one of our research studies or a sponsor looking to discuss a research study? **[Visit our site to learn more about our Research Team](#)**

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

[Join our Mailing List!](#)

[Forward email](#)



Try it FREE today.

This email was sent to nonsurgicalmd@lowbackpain.com by nonsurgicalorthopaedics@lowbackpain.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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