



Issue: # 1

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## 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.

### MYOPATHIES

Myopathy is the medical term for muscle disease. There are many causes of muscle disease, such as infection, muscle injury due to medications, inherited diseases affecting muscle function, disorders of electrolyte levels, and thyroid disease. Some of these disorders, such as polymyositis, dermatomyositis and inclusion body myositis, develop when the immune system attacks muscles. This inflammation damages muscle tissue and makes them weak.

Patients with myopathy develop weakness in the large muscles around the neck, shoulders and hips. This causes difficulty in climbing stairs, getting up from a chair or toilet seat, or reaching for objects overhead. Most patients have little if any pain in their muscles, which distinguishes them from patients with other forms of muscle disease, from those who have joint pain due to arthritis, and from those with numbness or tingling in their hands and feet due to neurological problems. Many patients with other conditions complain of weakness, but when questioned closely, they really mean that they are tired, short of breath or depressed rather than suffering from true muscle weakness.

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### EXERCISES FOR LOW BACK PAIN

#### Exercise

Exercise can be the key to your recovery, as well as a good prevention against future pain. Our physicians have developed an exercise routine with easy explanations and diagrams to help you follow them properly. The purpose of these exercises is to promote flexibility and strengthen the spinal musculature.

## Non-Surgical Orthopaedics News

Non-Surgical Orthopaedics P.C. and Georgia Institute for Clinical Research, LLC will be hosting a blood drive on Tuesday February 21, 2012.

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Meet Our Physicians



### Low Back Exercises

Unless instructed otherwise, do each exercise 1 to 5 repetitions, twice each day. Gradually increase your workout to 10 repetitions twice a day. Use slow, smooth actions as you exercise. If you feel any discomfort while doing the exercises, stop immediately and contact your physician. Stop any exercise that increases back pain or causes tingling, numbness, or weakness in your legs.

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### 18 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



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

### Meet Our 2011 Fellow



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

### Meet Our 2011 Fellow



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

### Appointments

To schedule an appointment please call 770-421-1420

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

- No diagnosis of gout
- No history of seizure disorder or epilepsy
- No history of gastric bypass surgery
- 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.

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