



Issue: # 11

November 2011

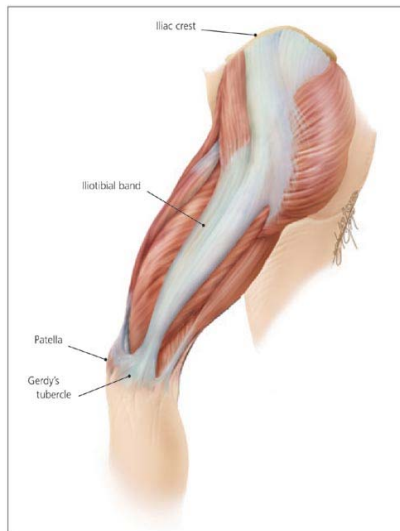


Practice News from Non-Surgical Orthopaedics, P.C.

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.

ILIOTIBIAL BAND SYNDROME: A COMMON SOURCE OF KNEE PAIN

Iliotibial band syndrome is a common knee injury. The most common symptom is lateral knee pain caused by inflammation of the distal portion of the iliotibial band. The iliotibial band is a thick band of fascia that crosses the hip joint and extends distally to insert on the patella, tibia, and biceps femoris tendon. In some athletes, repetitive flexion and extension of the knee causes the distal iliotibial band to become irritated and inflamed resulting in diffuse lateral knee pain. Iliotibial bandsyndrome can cause significant morbidity and lead to cessation of exercise. Although iliotibial band syndrome is easily diagnosed clinically, it can be extremely challenging to treat. Treatment requires active patient participation and compliance with activity modification. Most patients respond to conservative treatment involving stretching of the iliotibial band, strengthening of the gluteus medius, and altering training regimens. Corticosteroid injections should be considered if visible swelling or pain with ambulation persists for more than three days after initiating treatment. A small percentage of patients are refractory to conservative treatment and may require surgical release of the iliotibial band.



Non-Surgical Orthopaedics News

Check out our new web site design at lowbackpain.com



[Join our Mailing List!](#)

Meet Our Physicians



[Read More](#)

HEADACHES - CAUSES AND TREATMENT

What is a headache?

A Headache is defined as a pain in the head or upper neck. It is one of the most common locations of pain in the body and has many causes.

How are headaches classified?

Headaches have numerous causes, and in 2007 the International Headache Society agreed upon an updated classification system for headache. Because so many people suffer from headaches and because treatment sometimes is difficult, it is hoped that the new classification system will allow health care practitioners come to a specific diagnosis as to the type of headache and to provide better and more effective treatment.



There are three major categories of headaches:

- 1. primary headaches,
- 2. secondary headaches, and
- 3. cranial neuralgias, facial pain, and other headaches

[Read More](#)

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, fibromyalia, 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

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)

[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](#)

- 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
- 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.

[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