



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



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.

HOW YOGA HELPS IN DECREASING BACK PAIN

Performing yoga has helped many people to manage their back pain; it also leads to an improvement in mood and ability to function. Patient who practice yoga have more success in pain management than those who rely on only conventional treatment. In a recent study, a group of people were tasked with attending a yoga class for two months, of those who completed the study, 28% of those reported functional disability reduction and 42% reported a increased reduction in the amount of back pain they encountered.



Between 68 and 86 percent of the current population currently experience some sort of back pain over the course of their lifetime, of this percentage, the majority suffer from chronic pain. The estimated health care cost of treatment is about \$35 billion dollar yearly. Yoga has played a pivotal role in reducing the need for extensive medical treatment; it has also improved the overall health of the population.

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PROLOTHERAPY-AN EMERGING TREATMENT FOR MUSCULOSKELETAL PAIN AND INJURIES

**Our Doctors are now
performing
Prolotherapy for acute
& chronic pain.**

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Our Excellent [Staff](#)



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Prolotherapy (or Regenerative Injection Therapy) was originally used by Hippocrates over 2500 years ago to help a javelin thrower's shoulder pain. The concept was investigated, utilized, and refined by George Hackett, MD, over 70 years ago, and has been used by many other physicians since, including the former Surgeon General of the United States, C. Everett Koop, MD. The cause of a great deal of musculoskeletal pain is related to damage, laxity, or weakening of connective tissue, which normally controls joint movement and provides support for standing, sitting, and movements of the extremities.



These tissues are frequently damaged by trauma and the initial healing response may not adequately repair the structures. Anti-inflammatory medications, frequently taken after injury, also dampen the healing process and result limited connective tissue healing. The structures

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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

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



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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



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

Appointments

To schedule an appointment please call 770-421-1420

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

- 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.

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