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# **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.

## **SPOTLIGHT-** Prolotherapy Injections

First used by Hippocrates to help a javelin thrower's shoulder pain, prolotherapy injections, or Regenerative Injection Therapy is now widely used to help musculoskeletal pain. Success rates for prolotherapy is more than 80%, with success judged as at least 50% reduction of pain.

Prolotherapy contains a relatively harmless dose of dextrose, local anesthetic, and other items, and are administered where ligament and tendon tissues attach. Since pain originates from ligaments, tendons and joints, prolotherapy can help pain in the:

- Neck
- Mid-back
- Lower back
- Major extremities

Let our Board Certified physicians find out if prolotherapy is the right choice for you. Candidates for treatment are individuals suffering from chronic pain that has not healed itself.

#### + Click here to view further information

Win An Ipod Shuffle By Liking Us On Facebook!



Don't forget we are still running our promotion to win a brand new Ipod Shuffle! All you have to do is enter your email address and like our Facebook page. We will pick a winner at 750 likes.

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### **Quick Tips For Good Posture**



Keeping your body in alignment. That is what we define "good posture." But how do you know if your body is aligned or not?

### Schedule an Appointment!

To schedule an appointment please call 770-421-1420

#### **REQUEST APPOINTMENT**

#### **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<sup>™</sup> devices.

#### + Continue here for full blog post

## Medication Options When You Can't Stand The Pain



When suffering from an orthopaedic injury, medication can be beneficial and assist in the healing process. All too often our initial reaction is to not want to take medications, but when it comes to healing an injury, time is

needed for recovery to happen. Here we highlight different types of pain medications that your orthopaedic doctor may prescribe, and explain their importance and some common names.

#### + Click here for full blog post and video

#### **Herniated Disc Overview and Treatment**



You may have heard the term "herniated disc" or "slipped disc" before, but do you know what it really is?

#### + Click here to continue to full blog post

**Even Small Amounts of Running Can Help Reduce Your Risk of Heart Disease** 



A recent study done by the Journal of the American College of Cardiology shows that even a few minutes of running a day can help reduce your risk of heart disease, regardless of how fast you go.



## Meet Our Physicians:



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

## Meet Our Fellow:



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

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Try it FREE today.

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