

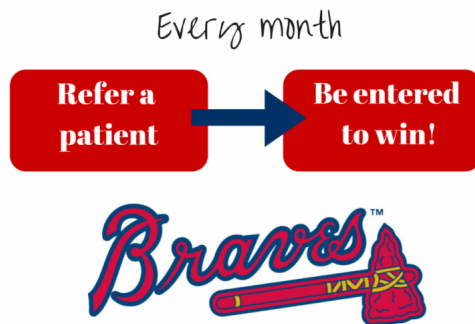


# Practice News

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.

## Refer A Friend, Be Entered To Win!

Every month we will pool all our patient referrals and pick a winner of 2 Braves tickets behind the dugout to a 2015 game! If you know someone who is struggling with chronic pain, or who you think may qualify for one of our research studies, send them our way!



## Have You Talked To Us About PRP?

Our platelet-rich plasma therapy (PRP) is a non-surgical treatment for anyone who is struggling with common injuries, arthritis, joint pain, tendonitis, nerve pain or ligament pain. Using the patient's own blood to accelerate the natural healing process in an injury site. This procedure allows your body to get back to normal without lengthy down time or painful rehabilitation after surgery.

## 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™ devices.



## Tai Chi Practice May Be Beneficial To Arthritis Suffers



Looking for a new way to control your arthritis pain? Tai chi may hold promising results through it's gentle movements for those who are suffering with the daily pain of arthritis. Tai chi is well known as an alternative therapy for anyone who is suffering with chronic ailments.

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## Symptoms And Treatment Of Osteoarthritis



Is Osteoarthritis causing you pain and stiffness? The first line of defense to combating any disorder is to understand how it works and what treatment options are available to you. Osteoarthritis (OA) is a chronic condition

affecting about 27 million people in America. It is caused when the cartilage near the joints begin to degrade, leaving the bone to rub against bone.

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## Why Meditation Is An Effective Treatment For Chronic Pain



Treatment for chronic pain is often not cut-and-dry. Sometimes the reasons for the pain are unknown and it may take many different types of treatments for you to finally get some relief.

Chronic pain is said affect roughly 100 million adults in the United States and to cost \$560 to \$635 billion annually. With so many people looking for help with management of their chronic pain, it's time to consider a new approach. Meditation.

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## Could High Heel Shoes Be Causing You Pain?

Are your shoes causing you foot and ankle pain? Your shoes may

## Meet Our Physicians:



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

## Meet Our Fellows:



**Nicole Forsythe, M.D.**





be doing more damage than you think. High, thin heels increase the risk of stumbling and falling, and if worn for long periods can lead to pain in the foot, ankle, knee and low back. Pain from ill-fitting shoes can be avoided. Here are a few things you can do to prevent the pain, or relieve pain if you are already suffering.

**[Yolanda Scott, M.D.](#)**

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

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*Try it FREE today.*

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