

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

**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.



### IMPORTANT: Research Study Opportunity!



Do you have Chronic Low Back Pain that has lasted for more than three months? Georgia Institute for Clinical Research, LLC, in Marietta, Georgia is presently conducting Research programs to assist individuals in pain. Please contact our Recruiter at 770-421-2038

for more information.

### [Lumbar Injection Research Study Information](#)

For more information, please contact our Recruitment Coordinator Vickie Polk.

**Vickie Polk**

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### How to Prepare for your first Orthopaedic Appointment

Going to any doctor for the first time can be a bit intimidating. There's a chance you will be overwhelmed and forget to ask some of the important questions that you made the appointment for in the first place. We have put together a brief list of things to remember

### Schedule an Appointment!

To schedule an appointment please call 770-421-1420

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

### 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.

when preparing for your first orthopaedic appointment, or really any appointment for that matter.

[Click here to view list >>](#)

### Do Aches and Pains Predict the Rain?

After enjoying a few days of sunshine, we are back to rainy cold weather in Georgia. While the bad weather may not currently apply for other parts of the country, it is probably safe to say that we have all experienced a bout of rain at some point. Here's the true question though. Have you ever noticed your already painful joints really flaring up when the weather changes? If you've never noticed increased joint pain on an already gloomy day, consider yourself lucky. However, if you are one who is able to predict upcoming bad weather just by recognizing that your knee hurts a little more than normal, there actually might be some truth to your prediction.

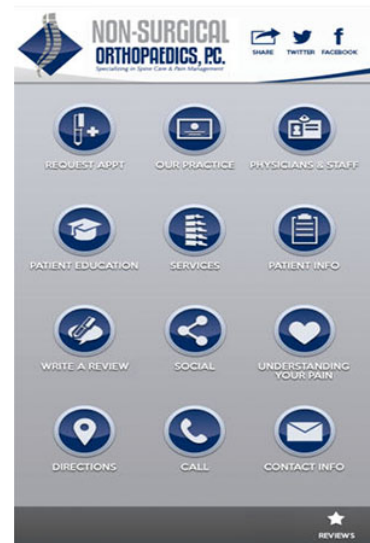
[Continue here for full article >>](#)

### Tips for Spring Sports Injury Prevention

Many professional athletes spend weeks in spring training. However, if you are a part of a recreational team, your season usually starts on game day. The pain that comes without proper training can quickly take the fun out of your spring sports, putting you back in the house for hibernation. However, we have a few tips to help keep your body in motion and out on the field, or track ... or whatever you choose.

[Continue here for full article >>](#)

Because April is "National Humor Month", please enjoy a good laugh on us!



### Meet Our Physicians:



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

### Meet Our Fellow:



**Naureen Sheikh, M.D.**

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**“More and more patients are going to the Internet for medical advice. To keep my practice going, I changed my name to Dr. Google.”**

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

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