

**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: Frozen Shoulder Study  
Opportunity!**

**[Click here to view further information  
on our Frozen Shoulder study.](#)**

For more information, please contact our Recruitment Coordinator.

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### **Pain Free Traveling Tips**

With spring quickly coming to an end, summer vacation planning has begun. This week, we've put together a few simple tips to make your travel a little easier and less painful. Each day on Facebook and Google+ we will be sharing a new tip so please go to one of our social sites to leave any questions or concerns regarding travel. In the meantime, we have posted the whole list below for your viewing pleasure. Save travels!

**[Continue here to for list of tips >>](#)**

### **The Basics of Water Walking**

Is running or walking on the pavement a little too much for your joints? If so, leave the tennis shoes in the closet and hit the water. Swimming in general is great for all parts of the body. However,

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To schedule an appointment  
please call 770-421-1420

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

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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.

water walking in particular is easy on the joints. The buoyancy of the water helps to support the body's weight, reducing stress on the joints and minimizing overall pain.

[Click here for full blog post and video >>](#)

## How to Outsmart your Genes and Live a Better Life

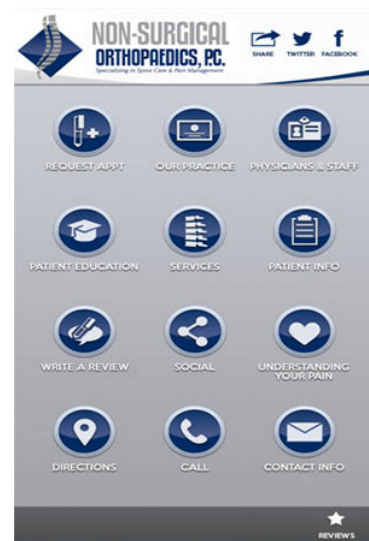
Contrary to popular belief, our DNA is not our destiny, in fact, 80 percent of how we age is determined by how we behave. We do not inherit bad genes or bad luck, just bad habits! Should I eat those chips or should I reach for a nutrient dense apple? We all know that choices matter, but how much... really? The answer is actually much more than you might think, enough to change your biology and the expression of your genes. The ever evolving science of "epigenetics" supports the theory that the hundreds of decisions we make every day (and night) shape our future in very significant ways..

[Click here to continue to full blog post >>](#)

## If the Shoe Fits ... Well, Make Sure it Fits!

Prime running season is upon us. Whether you're preparing for a 5K, half or full marathon or just simply running for pleasure, pain is going to make running season nonexistent for you. We've written previous tips on stretching before running and proper running technique. However, purchasing running shoes that fit your specific stride can often be overlooked. We have decided to share a few tips on getting fitted for the perfect shoe for your foot type. Trust us when we say having the right shoes will indeed make a world of difference!

[Click here to continue to full blog post >>](#)



## Meet Our Physicians:



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

## Meet Our Fellow:



**Naureen Sheikh, M.D.**

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

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