



From broken bodies to comeback champions—and **600+ warriors walking their way to victory**. April wasn’t just busy. It was spine-saving.



Athletes with Spine-titude!

Our spinal champion athletes really showed up this month! They shared their inspiring journeys and practical tips on protecting their spines while pushing athletic boundaries.

Their stories prove:
spine health = strength, not restrictions.

Watch Ballerina Video

Featured Article:
A Healthy Spine for Athletes of All Ages

Whether you're training hard or just staying active, your spine is taking the hits. One mistake can sideline you for months. Learn how athletes of all levels protect their spines and stay strong.



Learn More



Podcast Alert:
Paralyzed, Then Powerful.
One minute she was a powerhouse athlete. The next, she couldn’t even stand. Hear how Kate Conklin clawed her way back from devastating injury—and how it changed her life forever.

Play Episode

Spring Spine Health
Challenge: You Rocked It!

600+ participants strong!
Our "*Walk Your Way*" challenge was an absolute hit! For a full week, spine health champions across the country laced up their shoes and hit the pavement with personalized walking goals.



The National Spine Health Foundation is the leading patient advocacy non profit in spinal healthcare, focused on award-winning patient education, patient advocacy and clinical research. Our mission is to empower patients to protect their spine health and take back their lives from debilitating spinal conditions. We give patients the tools they need to make informed decisions about their spine health and navigate their own treatment journeys with confidence. We believe patients deserve real solutions, real answers and real hope.