



PATIENT RESOURCES | We give HOPE.

The **National Spine Health Foundation** is on a mission to empower patients on their spine health journey through **education, advocacy and research**. We know that receiving a debilitating back or neck diagnosis can be scary, like life as you know it has come to an end. As the only patient-centered non-profit for spine health, we are proud to build a community of experts, spinal champions and advocates who are all focused on the goal of improving patient outcomes. Below you will find a list of our patient resources that you can use for your road to recovery.



Spinal Champion® Program

Our Spinal Champion® program brings together individuals who have achieved improved quality of life through treatment for their neck or back pain. Spinal Champions help others find strength, comfort, and peer-to-peer support in a community that understands. If you are interested in becoming a Spinal Champion and sharing your story, scan the QR code below to sign up.



Spine-Talks®

Spine-Talks® is the premier educational platform that offers unparalleled access to world-class experts on advances in spine treatment, options for disease-specific back and neck issues, and guidance to empower patients to advocate for their own health.



The “Get Back To It” Podcast

Our “Get Back to It” Podcast showcases the stories of inspiring Spinal Champions and the steps they took to heal from back or neck pain. Each month, we bring you a new patient story and no two patients are alike. Whether it’s physical therapy, surgery or another method, the podcast demonstrates the wide variety of ways people find healing and freedom from pain.



Back and Neck Pain Facebook Support Group

Our private Facebook support group is a place where you can engage directly with other patients just like you. This page is a great place to ask questions, seek advice or just commiserate.



The Spine Health Journal

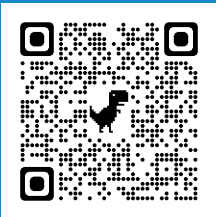
Featuring patient-friendly articles and interviews with top spine researchers, surgeons on the NSHF’s Medical & Scientific Board, and healthcare professionals, the Spine Health Journal provides a review of the latest spine health literature for a patient audience.

YOU ARE NOT ALONE.

100 Million Americans
(1/3 of the US population) suffer from neck or back pain each year.

80% of working adults will experience lower back pain each year.

#1 cause of job-related disability in the US.

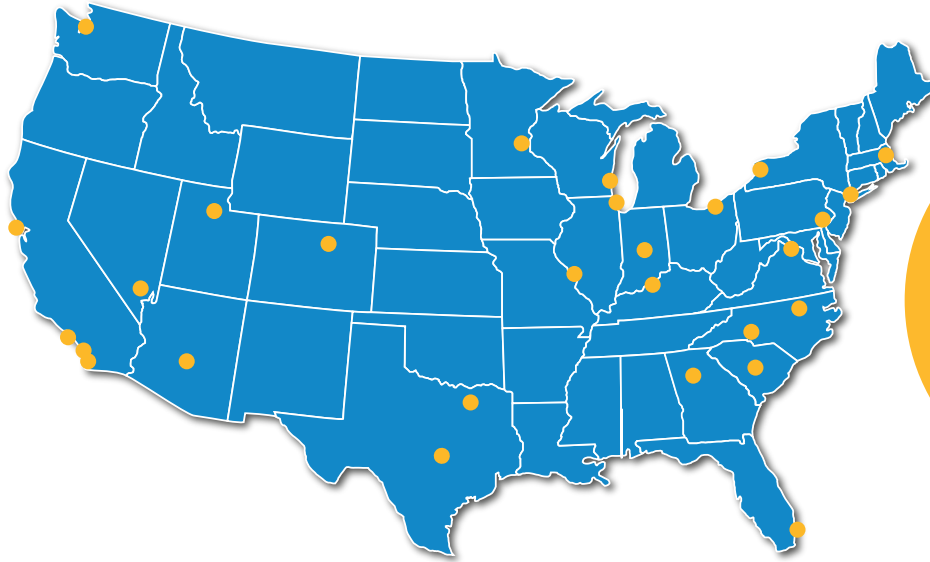


CLICK ON THE QR CODE TO JOIN THE COMMUNITY



MEDICAL AND SCIENTIFIC BOARD

The National Spine Health Foundation has gathered **50 OF THE TOP SPINE SPECIALISTS FROM ACROSS THE NATION** to comprise our **MEDICAL AND SCIENTIFIC BOARD**. These world renowned spine specialists are board-certified surgeons, trained in the most advanced surgical and non-surgical treatment options for spine care. Members of our Board are leaders in the spine field, serving in top leadership roles at the most prestigious professional societies.



Did you know that in 80% of the cases, spine surgeons recommend non-invasive treatment options to their patients?

ARIZONA

Edward Dohring, MD, Spine Institute of Arizona, Scottsdale, AZ

Luis Tumalian, MD, Barrow Brain and Spine, Scottsdale, AZ

CALIFORNIA

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Christopher I. Shaffrey, MD, Duke University School of Medicine, Durham, NC

OHIO

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PENNSYLVANIA

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