

March brought the energy! This month was full of motion — we explored the realities of spine arthritis, discussed the effects of osteoporosis on the neck, and shared the powerful story of one athlete’s journey through scoliosis. As we head into spring, we’re gearing up for the annual Spring Spine Health Challenge — and we’d love for you to be part of it! We’re closing out the month recognizing Doctors’ Day.

Read, watch, listen, and act — keep your spine on track.



Featured Article:
The Truth About Spine Arthritis

Spine arthritis affects millions worldwide, especially as we age. Learn the key differences between rheumatoid and osteoarthritis, how arthritis impacts the spine, and what causes, symptoms, and treatments to look for—plus clear tips to manage pain and protect your spinal health.

Explore the Truth



Podcast Alert:
Overcoming the Curve

Meet John — an athlete who faced scoliosis head-on and turned recovery into a mission. His story is one of grit, purpose, and the power of never giving up — a powerful reminder that healing is possible with the right support and mindset.

Launch John’s Episode



Expert Insights:
Osteoporosis & Your Neck

Leading experts from our Bone Health Task Force reveal how osteoporosis impacts the neck, why it’s often missed, and what early screening could mean for better outcomes — especially after age 50.

Hear from the Experts

Spring Into Strength with Us

Join our #spineS.T.R.O.N.G. movement this season — two ways to move, give back, and take action for better spine health. Whether you walk, run, or rally — your momentum makes a difference.



Spine Health Challenge
Walk Your Way (Apr. 21-25)

Move with us: 15 minutes a day for 5 days.
Get daily expert tips, motivation, and a challenge to keep you moving — your way.

Share your journey for a chance to win a \$50 Amazon gift card.

Join the Challenge



Marine Corps Marathon
Run for Charity (Oct. 26)

Run to advance spine health through education, advocacy, and research — supporting military families and those impacted by spinal conditions.

Choose your path:
Full Marathon | Virtual 10k | Fundraise

Get Your Bib

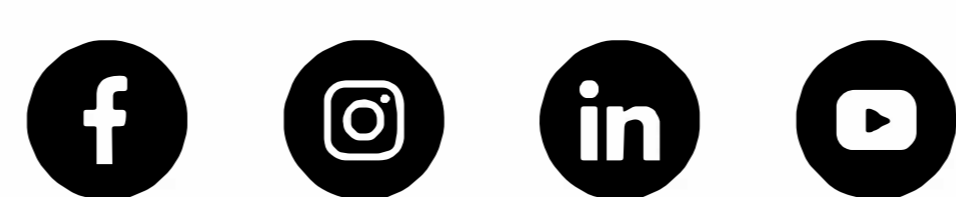


Not all superheroes wear capes—some wear white coats.

Most never see the long hours or deep compassion behind every recovery. But we do.

The spine experts in our NSHF community go beyond the clinic—sharing their knowledge to empower millions on their spine health journey.

This Doctors’ Day, honor their impact with a gift that helps keep trusted, expert-backed resources free for all. [Make a gift in their honor »](#)



Medical Disclaimer- Participation in exercise programs involves inherent risks, including personal injury or health related issues. By joining the Spring Spine Health Challenge, you assume full responsibility for these risks and agree to participate at your own risk. Consult with your healthcare professional before beginning a new exercise program.

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.