



What an incredible month it's been! From engaging surveys and impactful events to fresh resources and national advocacy, Spine Health Awareness Month has been a tremendous success.

Thank you to everyone who joined us through participation, feedback, donations, and connections. Let's make spine health a priority all year long!

Building Impact Through Connection

2.2 MILLION IMPRESSIONS

★ WINNERS ★

#414 #105 #59

1,500 SURVEY RESPONSES

250 RACE PARTICIPANTS

125 SPOOKFEST ATTENDEES

New Spine Health Resources!

NEW! Spine-Talks

UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS

Minimally Invasive Spine Surgery: What You Need to Know

Featuring: Dr. Mike Wang, Dr. Neel Anand, Dr. Frank Phillips, Dr. Sheeraz Qureshi, Dr. Rita Roy

Understanding Spinal Motion

Spine Health Journal

[Spine-Talks: Minimally Invasive Surgery](#)

[Understanding Spinal Motion](#)

1. Check Your Monitor Positioning

Get Back To It

Real Stories of Healing and Recovery

Pushing Through the Pain: How This Diehard Athlete Refused to Quit

With Dr. Kerri Webb

spinehealth.org

[30 Tips for Spinal Health & Wellness](#)

[Latest Get Back to It Episode](#)

Introducing the Bone Hub!

There is a global epidemic of poor bone health and osteoporosis.

Everyone, at every age, should think about their bone health.

For Patients For Professionals For Veterans

- 1 in 2 women and 1 in 4 men 50 years old will break a bone due to osteoporosis
- 1.5 million fractures in the U.S. each year due to osteoporosis
- 10 million Americans have osteoporosis

A Guide to Lifelong Bone Health

Spine Health Journal

Everyone, at every age, should think about their bone health. [Explore](#)

Driving Spine Health Advocacy

Congress declares October National Spine Health Awareness Month

Our CEO presents at the first ever NASS Presidential Symposium

Representing patients at the OSMA Meeting

#SpineSTRONG

This November, get ready for the launch of our Spine S.T.R.O.N.G. campaign! Stay tuned for updates on social, and join us by sharing, donating, or participating. Together, let's build a stronger, healthier future!

@ spinehealthfoundation

Facebook Instagram LinkedIn YouTube

The National Spine Health Foundation is a 501(c)(3) patient-centered public charity dedicated to award-winning education, research, and advocacy for spinal health. Our mission is to empower individuals to protect their spine health and reclaim their lives from debilitating spinal conditions. We provide the tools needed to make informed decisions and confidently navigate spine health journeys, offering real solutions, real answers, and real hope.

