

SPINE SPOTLIGHT

December



As we wrap up an incredible year of growth and connection, this is a perfect time to pause, reflect, and prioritize your health and well-being. This month, we bring you inspiring patient stories, expert advice, and action able tips to help you and your loved ones stay resilient and active.

Here's to closing out the year with health and hope!

NEW!

Spine-Talks
UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS

Back to Duty: Spine Health for Military & Veteran Service Members
Featuring: Dr. Dave Polly, Dr. Ronald Lehman, Dr. Rita Roy

[WATCH NOW](#)

Spine Health for Military & Veterans

Military personnel face extraordinary physical demands, often comparable to elite athletes—but in life-and-death scenarios.

How is spine care evolving to meet their unique needs? 🏆

[Watch Now](#)

Back-to-Back Reads



Recognizing Back & Neck Symptoms

Whether you're experiencing a sharp stab, persistent ache, or something in between— understand your symptoms using this guide.



5 Winter Safety Tips

From holiday travel to decorating, these tips will keep the whole family safe this season.



After Injury on the Ice: Now He Lives Life in the Fast Lane

At 14, Henry Drury was a two-time national champion in figure skating with Olympic aspirations.

But everything changed when he herniated two discs in his spine, leaving him with chronic pain for years.

Listen now to hear his inspiring story of recovery, becoming a professional racecar driver and racing for a cause! 🏎️

[Listen In](#)

Give the gift of hope.



Your generosity has the power to restore lives. A donation of \$25 helps families regain strength, hope, and resilience. Let's end the year #spineSTRONG.

[Give Hope Now!](#)



The National Spine Health Foundation is a patient-centered, nonprofit organization focused on patient education, award-winning research and patient advocacy. 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. *NSHF is a 501(c)(3) public charity.*

