

OPERATION SPINE STRONG

Spine Health for Service Members & Veterans

YOUR BODY'S ARMOR

Know your spine - stay mission ready

WHY IT MATTERS

#1

Cause of disability in the military is **back pain**

2X

More likely to experience **chronic spinal issues**

NERVOUS SYSTEM

BRAIN

SPINAL CORD

Your **spine** protects your nervous system - your body's chain of command. The brain issues the orders, the spinal cord moves them downrange, and the nerves deliver the mission to your muscles.

BONES

VERTEBRAE are the bones of your back.

DISC

Your **spinal unit** is made up of 33 vertebrae (bones) and 23 discs - the framework and shock absorbers work in formation to protect every move.

MUSCLES

OUTER CORE MUSCLES

DEEP CORE MUSCLES

DEEP MULTIFIDUS MUSCLES

GLUTEAL MUSCLES

The **muscle team**: support squad (deep stabilizing muscles) and strength squad (outer power muscles) operate side-by-side to protect your backbone.

COMMON MILITARY SPINE STRESSORS

Load carriage & gear

Combat injuries / blast exposure

Repetitive high-impact drills

Aircrew posture stress

Shipboard posture challenges

Talk to Us!



MISSION READY PREVENTION

- ✓ **Strengthen** deep core, hips, and glutes
- ✓ **Mobility & Stretching Drills** for hamstrings, hip flexors, and spine rotation
- ✓ **Active Recovery** with field stretching, foam rolling, and posture reset

RECOVERY AND SUPPORT

Field Quick Fixes

- ✓ Ice, heat
- ✓ Stretch
- ✓ Deep breathing
- ✓ Posture correction

Long-Term Care

- ✓ VA spine clinics
- ✓ Chronic pain clinic
- ✓ Physical therapy
- ✓ Mental health support



DON'T IGNORE PAIN. SEEK MEDICAL HELP.