

OPERATION SPINE STRONG

Spine Health for Service Members & Veterans

WHY IT MATTERS

#1

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

2X

More likely to experience **chronic spinal issues**

COMMON MILITARY SPINE STRESSORS

Load carriage & gear

Combat injuries / blast exposure

Repetitive high-impact drills

Aircrew posture stress

Shipboard posture challenges

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

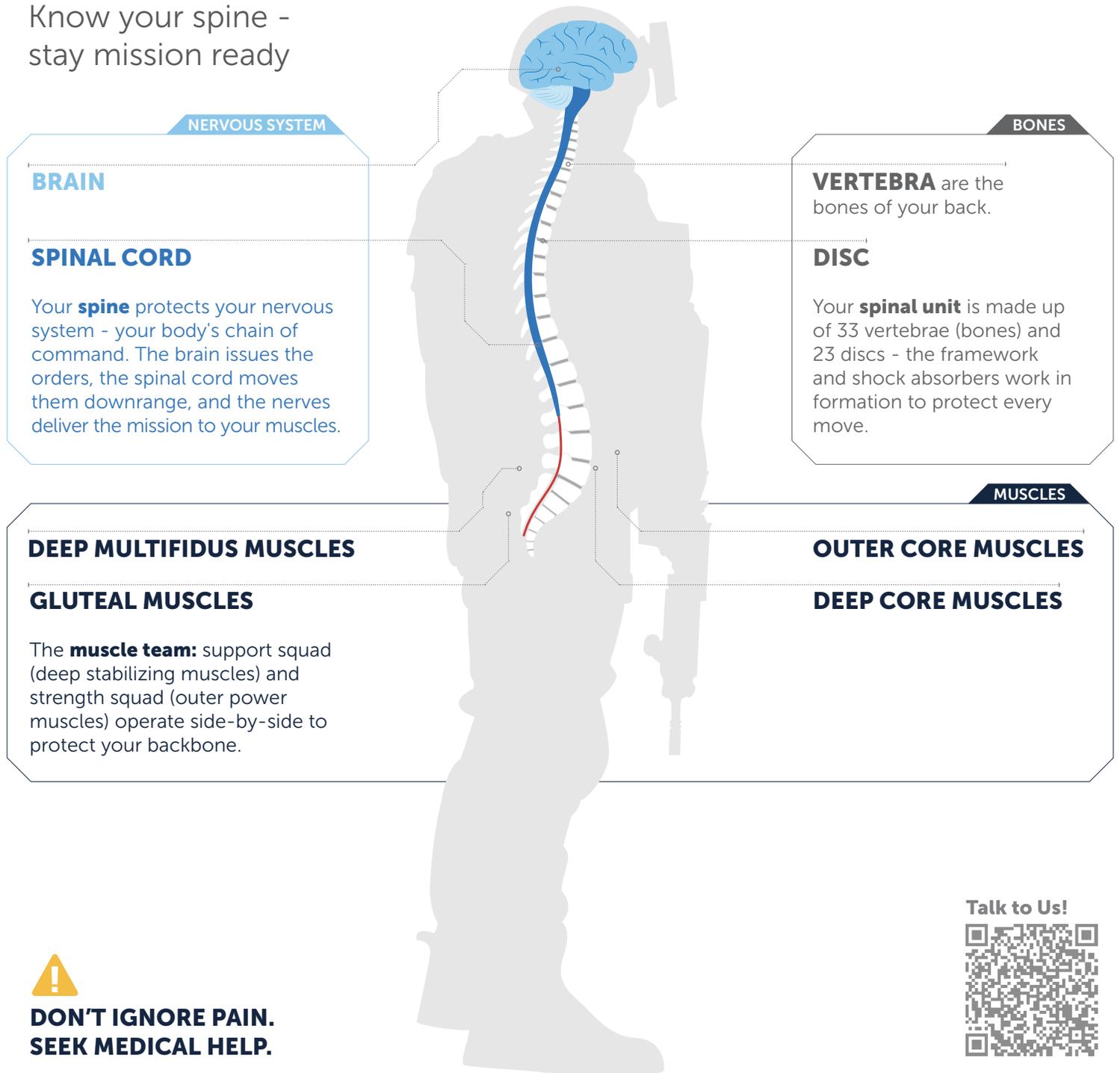
- ✓ VA spine clinics
- ✓ Chronic pain clinic
- ✓ Physical therapy
- ✓ Mental health support

For more information, visit spinehealth.org/military-and-veterans

 **SPINE HEALTH FOUNDATION**

YOUR BODY'S ARMOR

Know your spine - stay mission ready



**DON'T IGNORE PAIN.
SEEK MEDICAL HELP.**

Talk to Us!

