

## THE IMPACT OF NECK & BACK PAIN

### PERSONAL



**100 million**

Americans, approximately one third of the United States' population, suffer from neck or back pain each year

**4x** more likely to become clinically depressed

### HEALTH CARE



reason for doctor visits for physical pain

**2<sup>nd</sup>** highest doctor visits after the common cold

### ECONOMIC



**\$250 BILLION**

annual cost to U.S. economy, with **264 million** lost work days per year

**#1** cause of job-related disability in the United States

## WE ARE DEDICATED TO IMPROVING LIVES OF THOSE WITH NECK AND BACK PAIN THROUGH:



### EDUCATION

- **Spine-Talks™** features current insights from the nation's leading spine experts
- **"Get Back to It Podcast"** shares real stories of healing and recovery from **Spinal Champions™** and top spinal specialists
- **The Spine Health Journal**, our patient-centered, research-driven publication
- **Spinal Spotlight Newsletters** offer monthly topic-focused information on spinal issues



### RESEARCH

- **SpineOnline™** is a robust, cloud-based research tool that enables nationwide, multi-centered studies which help prove the effectiveness of spinal treatment options
- **The Research Institute** provides hands-on experience to student interns from high school through graduate level students
- **Scientific Publications:** Spine Health makes important contributions to clinical research publications as well as supports FDA clinical trial research



### PATIENT ADVOCACY

- The **Spinal Champion™** program connects those who have pursued treatment and improved their quality of life, providing hope to others
- **We've Got Your Back Events:** Our annual race celebrates prevention and wellness; our Gala celebrates spinal innovators, patients, and industry partners
- We **support policies and initiatives** that offer much needed support to patients as they embark on their journey to spinal health

### NECK & BACK DISORDERS DEFINED

per ICD-9-CM

#### Back & Neck Disorders

- osteoporosis
- arthritis
- spondylosis
- stenosis
- lumbargo
- sciatica

#### Disc Disorders

- herniation
- degeneration

#### Injuries

- fractures
- dislocations
- sprains

sources: (1) [www.boneandjointburden.org](http://www.boneandjointburden.org) additional resources (2) [www.ninds.nih.gov](http://www.ninds.nih.gov) (3) [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov) (4) [www.mayoclinic.org](http://www.mayoclinic.org) (5) [www.sciencedirect.com](http://www.sciencedirect.com)