

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

2nd 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 additional resources (2) www.ninds.nih.gov (3) www.ncbi.nlm.nih.gov (4) www.mayoclinic.org (5) www.sciencedirect.com