


SPINE-TALKS™ IS WHERE TO TURN TO FOR HELP AND FOR HOPE

Your life as you know it doesn't have to end.

Hear from experts at spine-talks.org



Spine-Talks™ is the premier educational platform designed to improve lives through knowledge and hope, featuring **hundreds of hours** on the latest diagnostics, therapeutics, and technological advancements. Tune in to these presentations, along with **thousands of others**, and hear from national experts discussing current spinal health topics you need to know!

THERE IS HOPE. Get back to the people and activities you love.



WHAT IS IT:

- The premier educational platform created by the National Spine Health Foundation to provide current insights from the nation's leading spine experts.
- An informational source, free of charge, for patients and providers featuring the latest diagnostics, therapeutics, and quality of life advancements.
- A way to connect patients to the leading experts throughout the nation.
- A trusted source surgeons can send their patients to for unbiased information.



WHO BENEFITS FROM IT:

- **You or someone you know.**

The journey to spine health is not one that can be made alone. Whether you had an injury, are currently undergoing treatment, or simply want to take steps to prevent injury and maintain a healthy spine, we are here for you.

Spine-Talks™ provides hope through knowledge and connects you to a community that understands you. You don't have to be afraid, confused, or feel isolated. Learn about the many treatment options for neck or back pain through the resources at spine-talks.org.



HOW TO USE IT:

Spine-Talks™ is free and easy to use, with searchable content and up-to-date information. You are able to submit your questions and access all of the content on spine-talks.org.



WHEN TO USE IT:

A variety of programs are at your fingertips, available 24 hours a day, with weekly and monthly updates, all for free!

- **Ask the Expert** is a series that provides short answers to common questions.
- **Spine-Talks™ LIVE** are panel presentations with more in-depth commentary.
- **Conference Updates** brings the latest insights and information from national meetings.
- **Spinal Champions™** are people who have achieved an improved quality of life through neck or back treatment.