

Uprightly Program Goals

IMPROVE:

- Shape & Balance
- Strength & Stability
- Flexibility & Mobility
- Disc Hydration & Inflation
- Vertebra Density
- Protection & Prevention



Book A Free Consult



Virtual or In-Person

Doctor Referral Code



LiveUprightly.com

1-877-777-4337



**Restore, Rebuild,
& Protect Your Spine.**



***A Long-Term Solution
for Back & Neck Pain.***



Get started by connecting with one of our licensed spine experts to discuss your needs and how the Uprightly Program can work for you.

When you enroll, you'll receive our exclusive in-home equipment, making it easy to restore and rebuild your spine each day—with the expert guidance of your dedicated spine coach.



What's Included

- Dedicated Spine Coach
- Unlimited Coaching Sessions
- Personalized Program
- Mobile App / Online Resources
- Regular Spine Assessments
- Tracking & Progress Reports
- Long-term Support & Care
- In-Home Tools & Equipment:
 - UpLifter™
 - Medical Ice Bag & Wrap
 - Phone Tripod



30-DAY RISK FREE TRIAL

**BOOK A FREE
CONSULTATION**



Using advanced SpineTracer™ technology, your spine coach can measure and monitor your progress—helping you achieve your spine health goals and maintain your results long term.

Online training resources, including expert-led master classes, give you the knowledge and tools to take control of your spine health—for life.

