

CONDITIONS WE HELP WITH

Could Uprightly Help With Your Condition?

Uprightly is designed for people living with persistent back or neck pain, disc and joint degeneration, nerve symptoms, and posture-related problems - including many who have already tried other forms of care.

Common reasons people come to Uprightly

● Degenerative Disc Disease

Disc thinning, wear, or loss of healthy disc function.

● Bulging or Herniated Discs

Disc protrusions, annular tears, HNP, or sequestered discs.

● Spinal Stenosis

Central or lateral narrowing in the neck or lower back.

● Arthritis and Joint Degeneration

Osteoarthritis or degenerative joint disease in the spine.

● Sciatica and Nerve Pain

Radiculitis, pinched nerves, or pain that travels into an arm or leg.

● Spondylolisthesis

A vertebra that has shifted forward relative to the one below it.

● Postural and Spinal Changes

Forward head posture, rounded upper back, or spinal instability.

● Persistent Back or Neck Pain

Recurring symptoms that have not resolved with short-term care.

Your diagnosis is only part of the picture

We look at how your spine is shaped, balanced, and loaded - then measure progress over time. The best way to know whether Uprightly is appropriate for you is a free consultation.

Not sure if your condition is a fit?

BOOK A FREE CONSULTATION >

A BROADER VIEW

The Complete Conditions List

These 65 diagnoses and related problems are included in Uprightly's clinical condition framework. Not every person or every stage of a condition is appropriate for the program.

HEAD AND NECK

- Forward head syndrome
- Greater occipital neuralgia
- Cervical ankylosing spondylitis
- Cervical apophysitis
- Neck crepitation or grinding
- Cervical degenerative disc disease (DDD)
- Cervical degenerative joint disease (DJD)
- Cervical herniated disc (HNP)
- Cervical lateral spinal stenosis
- Nuchal rigidity or neck stiffness
- Cervical osteoarthritis

SHOULDERS ARMS AND HANDS

- Upper trapezius muscle pain
- Levator scapulae muscle pain
- Dorsal scapular neuralgia
- Rhomboid muscle pain
- Long thoracic neuralgia
- Costochondritis
- AC joint osteoarthritis
- Sternoclavicular osteoarthritis
- Rotator cuff impingement
- Ulnar nerve impingement
- Carpal tunnel syndrome
- Radial nerve impingement
- Subclavian nerve impingement
- Subclavian vessel impingement
- Double-crush syndrome

MID BACK AND RIBS

- Rib subluxation
- Thoracic apophysitis
- Thoracic ankylosing spondylitis
- Thoracic compression fracture*
- Thoracic degenerative disc disease (DDD)
- Thoracic degenerative joint disease (DJD)
- Thoracic herniated disc (HNP)
- Kyphosis or rounded upper back
- Scheuermann's disease

LOWER BACK AND LUMBAR SPINE

- Lumbar ankylosing spondylitis
- Annular tear
- Lumbar apophysitis
- Avulsion fracture*
- Broad-based disc protrusion
- Bulging or leaking disc
- Central spinal stenosis
- Lumbar compression fracture*
- Lumbar degenerative disc disease (DDD)
- Lumbar degenerative joint disease (DJD)
- Lumbar herniated disc (HNP)
- Lateral spinal stenosis
- Osteopenia or osteoporosis*
- Pedicle fracture*
- Schmorl's node
- Sequestered disc
- Spondylolisthesis
- Radiculitis or radiating nerve pain
- Iliocostal impingement

PELVIS AND HIPS

- Sacroiliitis or SI joint pain
- Acetabular labral impingement
- Piriformis syndrome
- Trochanteric bursitis

KNEES LEGS AND FEET

- Chondromalacia patellae
- Patellofemoral impingement
- Infrapatellar bursitis
- Achilles tendinitis or tendinosis
- Plantar fasciitis or heel spurs
- Metatarsalgia
- Morton's neuroma

*Fractures, osteoporosis, inflammatory disease, vascular symptoms, and other medically complex conditions require appropriate medical evaluation and clearance. Uprightly does not provide emergency care.