

UPRIGHTLY PROGRAM

OBJECTIVE OUTCOMES IN CHRONIC SPINE PAIN

A **non-invasive, home-based spine rescue program** that teaches chronic back and neck sufferers to safely self-care, rebuild and protect their spine system - under the direction of their PCP and with guidance from a licensed and certified coach.

LONG-TERM PAIN-FREE FUNCTION

66.1



88.6

AVERAGE START

AVERAGE AT UP TO 10 MONTHS

86.5%

**IMPROVED & MAINTAINED
PAIN-FREE FUNCTION**

Patients tracked through 10 months showed substantial, sustained improvement in everyday pain-free function.

OBJECTIVE PHYSICAL CHANGE

98%

REDUCED FORWARD LEAN

Improved **at-rest verticality** by at least 50% - up to 100%.

95.5%

IMPROVED SPINE SHAPE

Improved sagittal spine shape by an **average combined score of at least 29.5%** - up to 55%.

MEASURABLE CHANGE - EVEN AT ONLY SIX WEEKS

89%

PAIN-FREE FUNCTION

improved from 30 to 50 points out of a possible 100

74%

AT-REST VERTICALITY

improved by an average of 2 degrees

73%

SAGITTAL SPINE SHAPE

improved by at least 23%

ACCURATE DATA FROM A BROAD CHRONIC SPINE PAIN COHORT

363
patients

1,400
objective measurements

Age 14-92
broad patient range

Longitudinal
active, partial & 12-month
participants

Patients ranged across a broad spectrum of mechanical spine complaints, including chronic lower, middle and upper back and neck pain associated with DDD, DJD, stenosis, osteoarthritis, ankylosis,olisthesis, radicular impingement, postural deformity and other non-medical conditions.

THE UPRIGHTLY PROGRAM

Biomechanically structured, objective and patient-need-specific - equipping chronic sufferers with life-long skills for spine self-care, recovery, rebuilding, wellness and sustained protection.

A SIMPLE REFERRAL | A DIFFERENT PATH | CHRONIC SPINE PAIN RELIEF

OBJECTIVE | NON-INVASIVE | HOME-BASED | DEPENDABLE | PHYSICIAN-FRIENDLY