

“Prevention is our Purpose”



An initiative by



**Center for
Spine & Sports
Health (CSSH)**

Empowering Movement, Every Day!

A specialized **Spine Health Program** Exclusively for *Her!*

Among the 5,500+ clients we assessed at Center for Spine & Sports Health (CSSH)[™], a unit of nSure Healthy Spine, nearly 50% were women suffering from spine-related problems. It underscores an urgent and tailored care for women spine health. To address this at the earliest, CSSH is excited to launch '**Her Healthy Spine**', a long-term initiative to raise awareness and empower women to take charge of their spinal health.

“Join our mission in making a shift from
Reactive to ProActive Care”

Visit us at:

Center for Spine & Sports Health (CSSH)[™]

Pullela Gopichand Badminton Academy, Survey No: 91,
Gachibowli, Hyderabad, Telangana, India – 500032

www.herhealthyspine.com



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Center for
Spine & Sports
Health (CSSH)™

Empowering Movement, Every Day!

Preventive Spine Health Screening & Assessment

At **Center for Spine and Sports Health (CSSH)™**, a unit of nSure Healthy Spine, we believe in preventing spinal issues. Our Preventive Spine Health Screening & Assessment is a structured, science-backed program designed to evaluate, detect, and prevent spine-related problems early. Using a holistic approach, we combine clinical expertise, technology-driven diagnostics, and personalized care to empower individuals to take charge of their spinal health. Below provided is the approach we follow for preventive spine screening and assessment.



Spine Health Screening Questionnaire

A structured questionnaire with client's responses enable us to understand lifestyle habits, posture patterns, medical history, which helps us generate a personalized Spine Score to identify areas that require attention.



Nutritional Consultation

Understanding that spinal health is influenced by multiple factors, we integrate a Nutritional Consultation into the assessment process for tailored dietary recommendations.



Spine Specialist Consultation

One-on-one consultation with a spine specialist or physiotherapist will be arranged to discuss concerns, analyze posture, and assess risk factors.



Assessment Review & Personalized Goal Setting

Discuss your results with CSSH experts to identify your strengths and weaknesses.

Use the insights from your Assessments to help you form goals for the Healthy Spine.



Comprehensive Physical Examination

A thorough examination of posture alignment, Flexibility & range of motion, Muscle strength & endurance, will be conducted to identify imbalances or weaknesses causing the discomfort.



Device-based Spine Functional Assessment

We conduct a Device-Based Spine Health Assessment, utilizing advanced diagnostic tools to evaluate spinal mobility, back muscle strength imbalances, postural deviations, and stress points with precision.

Assessment Schedule

Registration:	5 mins
Questionnaire:	10 mins
Consultation:	15 mins
Physical Examination:	30 mins
Device-based Assessment:	45 mins
Nutrition Consultation:	15 mins
Review & Goal setting:	15 mins

Sign Up for an Assessment, Today!

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