

The Monthly Lift

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Real stories, practical tips, and a laugh to keep you moving.

Back Surgery Sidelined Him. A Purposeful Plan Put Him Back In The Game

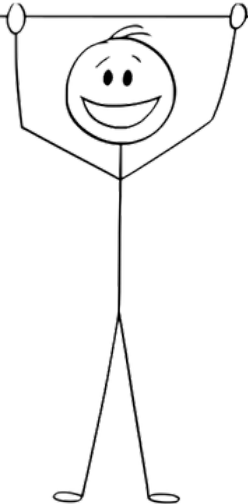
Click the photo to hear her story!



Did you know that only 43% of patients return to sport after elective spine surgery, but with a rehab plan built around their specific goals, far more do?

Here's a 2023 Retroactive Case Series

JOKE OF THE MONTH



Why did the spine feel so confident walking into physical therapy?



Because we've always got its back.
(Literally. That's the whole job.)

Know someone who could use a comeback story of their own? Share this PDF with them.