

“Prevention is our Purpose”



An initiative by



Center for **Spine & Sports** Health  
(CSSH)<sup>™</sup>

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

Among the 3,000+ clients we assessed at Center for Spine & Sports Health (CSSH)<sup>™</sup>, a unit of nSure Healthy Spine, nearly 75% 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)<sup>™</sup>**

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

[www.herhealthyspine.com](http://www.herhealthyspine.com)



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Center for **Spine & Sports Health**  
(CSSH)<sup>TM</sup>

## Preventive Spine Health Screening & Assessment

At **Center for Spine and Sports Health (CSSH)<sup>TM</sup>**, 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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