



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

Empowering Movement, Every Day!



India's 1st Tech-Integrated Advanced

Spine, Joints and Muscle Health,

Sports Science & Medicine Platform

— Technology Partners —



— Our Collaborators —



'The Future of Health & Performance Starts Here'

www.spineandsportshealth.com

About CSSH

Center for Spine and Sports Health (CSSH) is a Purpose-driven, People-First, Tech-Integrated Spine, Joints & Musculoskeletal (MSK) Health and Sports Science & Medicine platform. We support individuals in achieving better health, movement, and long-term independence through **proactive-driven, precision-based, and personalized health solutions.**

We emphasize and encourage individuals to turn to preventive care. Our specialized preventive health programs are designed around everyday human movement, focusing on **injury prevention, improving muscle strength and balance, correcting posture, gait training, and enhancing functional mobility.** By addressing movement challenges early, we help people of all ages maintain an active lifestyle, improve quality of life, and age healthily with confidence.



5500+

Healthy Clients



30+

Long-Term Health Enablers

Our Personalized Preventive Health Programs

CHAMP

CHILDREN'S HEALTH & ATHLETIC MENTORSHIP PROGRAM



**nSure™
Healthy Spine**



**nSure™
Healthy Joints**



**nSure™
Healthy Diet**



**nSure™
Healthy Ageing**



**nSure™
Healthy Sports**



**nSure™
Performance**



Enabling
HealthSpan

**Her
healthy
Spine**

CSSH Core Services

CSSH's strength lies not just in treating pain but also in overseeing long-term health. Our core focus is to help people of all ages **Stay Active, Build Strength, Move with Confidence**, and reduce the risk of future **Spine, Joints & Muscle Health issues**.

We emphasize keeping better health at every stage of life, regardless of profession - whether a student, working professional, homemaker, senior citizen, professional or recreational athletes.

'Movement as Medicine'



CSSH Technology

CSSH's advanced MSK health technology platform is powered by Nordic Health Finland. The devices are embedded with unique features of Optimized Biomechanics, Intelligent Resistance-based loading, and target muscle group isolation. These devices enable Spine and Joints-specific muscle strength & mobility testing and personalized training for the **prevention, prehab, rehabilitation, and recovery from spine and joint-specific disorders and injuries.**

Our Unique MSK Health Technology Platform for Assessment & Training of Isolated Muscle Strength & Mobility



Spine



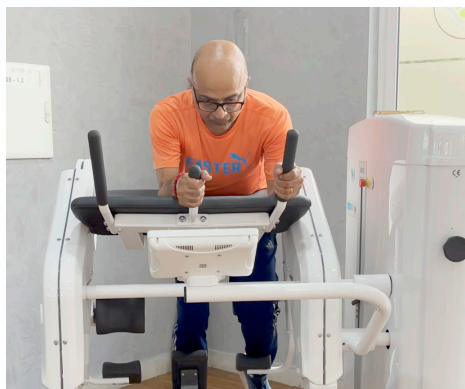
Shoulder



Hip



Knee



CSSH Technology

CSSH's performance assessment ecosystem is powered by VALD, a global leader in sports science and human performance diagnostics. The platform integrates ForceDecks, SmartSpeed Timing Gates, and Dynamo, enabling objective, data-driven assessment of strength, power, speed, and neuromuscular function.

The systems provide precise force, velocity, and asymmetry analysis, allowing detailed evaluation of athletic performance and functional capacity across both athletes and the general population.

Technology for Human Performance

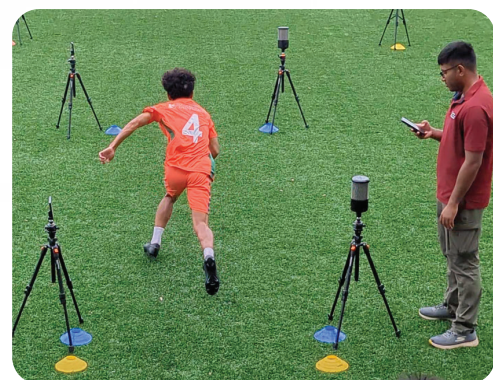


VALD ForceDecks

Portable, Easy-to-use Dual force plate system used to assess strength, power, balance, and limb asymmetries during functional and athletic movements.

VALD SmartSpeed Timing Gates

High-precision timing gates that measure speed, acceleration, agility, reactivity and change of direction with objective accuracy.



VALD Dynamo (Handheld Strength & ROM)

A portable strength testing system that measures grip strength and muscle imbalances across key joints.

CHAMP™

CHILDREN'S HEALTH & ATHLETIC MENTORSHIP PROGRAM

80% of school-aged children worldwide fail to meet the WHO's recommendation of **60 minutes of daily** physical activity. Studies reveal a decline in fundamental movement skills among children aged 6-14, linked to **lower fitness, increased injury risk, and early dropout from sport.**

To address the challenges, CSSH recently introduced CHAMP, a fun and engaging training program for young children, structured around the Long-Term Athlete Development (LTAD) model.

Our Children

Our Future



With **CHAMP**, we aim at promoting a healthy, and active lifestyle while ensuring the development of **fundamental movement and sport skills in a supportive and playful environment.**

Her Healthy Spine™

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



Women carry the weight of multiple roles, at home, at work, and in life. Yet, their spinal health is often ignored until pain becomes persistent. Prolonged sitting, household activities, poor posture, pregnancy-related stress, and age-related changes silently impact women's spine health, highlighting the urgent need for preventive, women-focused care.

At CSSH, our assessments revealed a critical insight:

👉 Nearly **50%** of the **5,500+ individuals** assessed were **women** suffering from **neck and lower back pain**

Hence, CSSH introduced 'Her Healthy Spine' a long-term initiative designed to support women across all life stages. We insist it's not a one-day campaign, it's a commitment to lifelong spine health.

**Her Healthy Spine is our promise to support women,
*Every Day, at Every Stage of Life.***

Strengthening Individuals

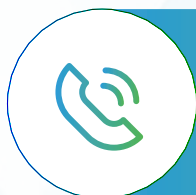
for Better **Movement**, Better **Health**, Better **Life**



The **Journey** for your **HealthSpan**

Starts here!

Be Game for Healthier & Active Life



CALL US AT

812 5383 111

Our Centers

Center for Spine & Sports Health

Pullela Gopichand Badminton Academy,
Survey No: 91, Beside Infosys, Gachibowli,
Hyderabad, Telangana, India - 500032

Center for Spine & Sports Health

4th Floor, Above Asian Spine Hospital,
Road No. 92, Jubilee Hills, Hyderabad,
Telangana, India - 500096

+91 812 5383 111

www.spineandsportshealth.com

contactus@spineandsportshealth.com