

Back the Back Walk

Walking the
'Backbone of Britain' for Scoliosis

The walk begins on
International Scoliosis
Awareness Day

**30th June
2019** and will last
19 days

What is Back the Back?

A walk of the full 268 miles of the Pennine Way (the 'Backbone of Britain'). The event begins in Edale and will last for 19 days, ending at Kirk Yetholm. It is open for anyone to join for a day, a week, or the entire journey!

The event was created by Freya, who had her Scoliosis surgically corrected 8 years ago, and wants to raise awareness of the condition.

For more information, or to sponsor or join us, visit

Scoliosis is an abnormal curvature of the spine. If left, the curve can increase, which can lead to a reduced chest cavity and lung capacity. The cause is often unknown.

www.backthebackwalk.org

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Supporting the Scoliosis Campaign Fund (encompassing Scoliosis Association UK and the British Scoliosis Research Foundation) and the Royal National Orthopaedic Hospital Charity

