

December 20, 2018



Assure Holdings Appoints Dr. Christopher Rumana to its Board of Directors

DENVER, Dec. 20, 2018 (GLOBE NEWSWIRE) -- Assure Holdings Corp. (the “**Company**” or “**Assure**”) (TSXV: IOM; OTCQX: ARHH), a provider of intraoperative neuromonitoring services, has appointed Dr. Christopher Rumana to its board of directors, effective December 19, 2018. He is the Company’s fifth board member and the third serving independently.

Dr. Rumana brings over 20 years of experience in the medical field as a board-certified neurosurgeon, along with serving in various senior management and board of director roles for several facilities. He previously served as the president of the Tallahassee Neurological Clinic where he was instrumental in substantially growing its neurological practice. He was also the president and chairman of Caduceus, LLC, a joint venture pain management facility and surgery center.

“Dr. Rumana’s extensive background in the medical field, as both a neurosurgeon and business leader, will provide invaluable insight to our board of directors,” said John A. Farlinger, Assure’s executive chairman and interim CEO. “His unique experience in growing neurological practices and understanding the underlying business dynamics of hospitals and medical clinics will be an important asset as we continue to expand our footprint in new markets.”

Since 2011, Dr. Rumana has been a member of the board of directors at Tallahassee Memorial Hospital, where he currently serves as the chairman of the board. He also previously served as the chairman of the medical staff, the chairman of the division of neurological surgery and as a member of the medical executive committee.

Dr. Rumana commented on his appointment: “Having been in the medical field for over two decades, I have seen the demand for intraoperative neuromonitoring services significantly increase. Assure has built an exceptional platform with a proven track record of success necessary to meet this growing demand. I look forward to leveraging my experience in the medical field to provide key insights needed to penetrate additional markets and grow the company’s footprint.”

Dr. Rumana earned his M.D. from Northwestern University Medical School, and he completed his residency at the Baylor College of Medicine. His appointment remains subject to review and approval by the TSX Venture Exchange.

About Assure Holdings

Assure Holdings Corp. is a Colorado-based company that works with neurosurgeons and orthopedic spine surgeons to provide a turnkey suite of services that support intraoperative neuromonitoring activities during invasive surgeries. Assure employs its own staff of technologists and uses its own state-of-the-art monitoring equipment, handles 100% of intraoperative neuromonitoring scheduling and setup, and bills for all technical services provided. While Assure focuses primarily on supporting spinal and vascular surgeries, plans are in place to support other classes of medicine that rely on the standard of care that intraoperative neuromonitoring provides. For more information, visit the company's website at www.assureneuromonitoring.com.

Forward-Looking Statements

This news release contains certain statements that may constitute forward-looking information under applicable securities laws. All statements, other than those of historical fact, which address activities, events, outcomes, results, developments, performance or achievements that Assure anticipates or expects may or will occur in the future (in whole or in part) should be considered forward-looking information. Such information may involve, but is not limited to, comments with respect to strategies, expectations, planned operations and future actions of the Company. Often, but not always, forward-looking information can be identified by the use of words such as "plans", "expects", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates", or "believes" or variations (including negative variations) of such words and phrases, or statements formed in the future tense or indicating that certain actions, events or results "may", "could", "would", "might" or "will" (or other variations of the forgoing) be taken, occur, be achieved, or come to pass. Forward-looking information is based on currently available competitive, financial and economic data and operating plans, strategies or beliefs as of the date of this news release, but involve known and unknown risks, uncertainties, assumptions and other factors that may cause the actual results, performance or achievements of Assure to be materially different from any future results, performance or achievements expressed or implied by the forward-looking information. Such factors may be based on information currently available to Assure, including information obtained from third-party industry analysts and other third-party sources, and are based on management's current expectations or beliefs regarding future growth, results of operations, future capital (including the amount, nature and sources of funding thereof) and expenditures. Any and all forward-looking information contained in this press release is expressly qualified by this cautionary statement.

Investors are cautioned that, except as disclosed in the Filing Statement any information released or received with respect to the reverse take-over may not be accurate or complete and should not be relied upon. Trading in the securities of the Corporation should be considered highly speculative.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

The securities of the Corporation have not been and will not be registered under the United States Securities Act of 1933, as amended and may not be offered or sold in the

United States absent registration or an applicable exemption from the registration requirement. This press release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of the securities in any jurisdiction in which such offer, solicitation or sale would be unlawful.

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