Conquer Back and Joint Pain Without Surgery or Drugs
How does Hinge Health work?

4 out of 5 adults with back or joint pain aren't receiving appropriate care.¹

Hinge Health has turned evidence-based musculoskeletal care into a digital solution based on 3 core pillars:

**Exercise Therapy**
Tablet computer and wearable sensors for real-time feedback

**Behavioral Health**
Unlimited 1-on-1 coaching

**Education**
Personalized and interactive education

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How can this program help me?

Complete exercise therapy sessions anytime and anywhere, including in the comfort of your own home. The 15-minute sessions improve strength and flexibility around the back or joint, thus alleviating pain. People who participate see:

- Reduction in Pain
- 2 out of 3 Surgeries Avoided

**9.6/10 User Satisfaction Rating**²

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Here's what past participants have to say

"I felt like back pain is part of growing old and could not be reversed. Chiropractor and medication were my go-to for pain. Now, stretching and exercises are part of my daily routine, reversing years of pain."

"I truly feel as though I have my life back. My activity levels are getting back to what they were 15 years ago. I'm also sleeping through the night with no pain!"

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² Based on Net Promoter Score (NPS) Hinge Health collects at Week 4 and Week 8 throughout the program.