



NEWS RELEASE

Hinge Health Reduces MRIs and X-Rays for Back Pain by 60%

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SAN FRANCISCO--(BUSINESS WIRE)-- Hinge Health, Inc. (NYSE: HNGE) today announced a new **study** showing that participants in its chronic back pain program had substantially fewer imaging visits, such as X-rays and MRIs, compared to a similar group of individuals who sought traditional PT care. The peer-reviewed study, published in The Journal of Health Economics and Outcomes Research found that of the 4,330 participants, those who used Hinge Health had 60% fewer imaging visits for low back pain at three months compared to the control group.

Low back pain is one of the most common musculoskeletal (MSK) conditions with lifetime incidence **as high as 84%**. While **imaging** for low back pain has increased over the last decade, evidence shows that imaging does not always improve outcomes. In fact, **research** shows about one-third of X-rays and MRIs are not clinically indicated. **Inappropriate use of imaging** can result in an increase in tests, specialist visits, procedures or surgeries that may not be beneficial to the patient and increase health care costs.

"Overuse of imaging leads to a cascade of interventions that don't improve outcomes," said Dr. Jeff Krauss, MD, Chief Medical Officer at Hinge Health. "Our latest study reinforces the importance of evidence-based approaches to managing chronic back pain. By reducing unnecessary imaging, we not only cut costs but also deliver higher-quality, more patient-centered care."

This study is based on data from a U.S. commercial health plan database that comprised more than 100 million commercially insured lives from January 1, 2016, through September 30, 2021, across all U.S. states and territories. The study included participants who enrolled in Hinge Health between January 2020 and October 2020 and a

comparison group of individuals who did not enroll in Hinge Health but had a physical therapy visit related to back pain.

The findings announced today build on Hinge Health's growing body of claims-based outcomes showing reductions in high-cost services like surgeries and opioid prescriptions - further demonstrating how digital MSK care can improve member outcomes while reducing costs. To view more of our studies, **visit our website**.

About Hinge Health

Hinge Health is focused on scaling and automating the delivery of health care, starting with musculoskeletal conditions. Leveraging an AI-powered care model, wearable devices, and access to expert clinicians, Hinge Health delivers personalized, evidence-based care that helps people move beyond pain, improving member outcomes and experiences, and reducing costs for clients. The company is headquartered in San Francisco, California.

Media Contact: **media@hingehealth.com**

Source: Hinge Health, Inc.