



NEWS RELEASE

Hinge Health Study Participants Report 53% Reduction in Chronic Pelvic Pain

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San Francisco — February 6, 2025 — Hinge Health announced a study published in [**BMC Women's Health**](#) with findings that show its digital Women's Pelvic Health Program can help reduce pelvic pain and depression symptoms. Participants in the study reported a 44% reduction in pain after just four weeks, and a 53% reduction in pain at 12 weeks. In addition, at 12 weeks, the probability of the intervention group screening for moderate to severe depression was significantly lower by 11% compared to the control group.

"Although women's pelvic pain is incredibly common, it remains undertreated and as a result, many women are going about their lives suffering in silence," said Bijal Toprani, pelvic health physical therapist at Hinge Health and co-author of the study. "This study builds on validated research supporting the efficacy of Hinge Health's Women's Pelvic Health program to make a tangible impact for women and improve their quality of life."

One in three women will suffer a pelvic floor disorder in their lifetime. These disorders occur when pelvic floor muscles become weak or tight. Women with chronic pelvic pain experience a wide range of physical and psychological challenges related to their condition, from urinary urgency and constipation to lower back and hip pain. Some common causes are muscle strain during pregnancy, trauma or injury to the pelvic floor from surgery or childbirth, hormonal changes with menopause, and stress or anxiety triggering tension in the pelvic floor. This pain can take a toll on a woman's overall wellbeing, impacting both their personal and professional lives.

In addition to a lack of awareness around pelvic health issues, inadequate access to pelvic floor specialists makes it difficult for women to find care, making digital solutions essential. Hinge Health's [**2025 State of MSK Care**](#)

Report found that while it can take an average of 93 days to see a pelvic floor physical therapist (PT) in person, Hinge Health members wait just a week on average for a virtual PT appointment.

“Pelvic floor problems are treatable, however, a major problem is simply access to specialists,” said Dr. Jeff Krauss, Chief Medical Officer, Hinge Health. “This study is an achievement demonstrating the strengths of our digital Women’s Pelvic Health Program and sends an encouraging message to women that there are clinically-validated, easily-accessible programs available to help them.”

This observational study examined pain, depression, and anxiety outcomes at four and 12 weeks among participants of a digital women’s pelvic health program compared to a non-participant group. A total of 797 participants were included in the sample.

About Hinge Health

Hinge Health is a leading musculoskeletal care platform for individuals seeking to treat and prevent joint and muscle pain. We blend our software-led, AI-powered delivery model and wearable device with expert clinical care (including licensed physical therapists, physicians, and board-certified health coaches) to help people move beyond pain. Hinge Health members have reported a 68% average improvement in pain and a 58% reduction in depression and anxiety after 12 weeks. The company is headquartered in San Francisco, California. Learn more at hingehealth.com.

Media Contact: media@hingehealth.com

