



NEWS RELEASE

Hinge Health Unveils 2025 State of Musculoskeletal Care Report

2025-01-08

San Francisco, January 8, 2025 - Hinge Health released its fifth annual State of Musculoskeletal (MSK) Care Report, highlighting the strengths of digital care for joint and muscle pain compared to traditional care. With nearly 40% of U.S. adults experiencing MSK conditions that generate estimated annual medical expenses of approximately \$381 billion, digital care solutions like Hinge Health can fill in the affordability, awareness, and accessibility gaps, bolstering quality of life and reducing costs.

"A majority of medical spending to treat musculoskeletal conditions goes to costly interventions like imaging and surgery. Getting people who are in pain early evidence-based conservative care, such as exercise therapy and lifestyle changes, can propel faster recovery and prevent avoidable surgeries and interventions," said Jeff Krauss, MD, Chief Medical Officer at Hinge Health. "Our findings in this year's State of MSK Care Report underscore that digital care can be a convenient, engaging, personalized, and effective tool to help people in pain."

Key points from the report reveal how digital care is filling the gaps in traditional care because digital care offers:

- Convenience. An estimated three-quarters of those referred to traditional physical therapy (PT) never attend a session. Hinge Health's on-demand digital platform allows members to choose when and where they start and continue to receive care, with 67% of members starting their programs the same day that they enroll.
- Habit Formation. Hinge Health analyzed years of engagement data and found that members who complete six exercise therapy sessions in the first two weeks are more likely to reach a "habit point" and stick to the program long-term, as well as experience greater initial pain relief as a result.

- Personalization. MSK pain is rarely limited to just one area. Over 60% of Hinge Health for chronic pain in multiple body areas, demonstrating the adaptability of digital care to meet people's specific and ever-changing experiences of pain.
- Real Outcomes. Studies have shown that Hinge Health members receive 56% fewer spinal fusion surgeries (1), 73% fewer knee replacements, and 50% fewer hip replacements than those who receive traditional care (2).

This year's report leverages internal insights gleaned over the last 10 years in which Hinge Health has treated over one million members who have completed over 59 million treatment sessions. Internal analyses of this anonymized member data complement member testimonials, clinical studies, surveys, and publicly available research. Access the full report here: <https://www.hingehealth.com/for-organizations/state-of-msk-report-2025/>

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 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(3). The company is headquartered in San Francisco, California. Learn more at hingehealth.com.

Media Contact: media@hingehealth.com

(1) <https://www.hingehealth.com/resources/press-releases/hinge-health-reduces-spinal-fusion-surgeries/> (2) <https://pubmed.ncbi.nlm.nih.gov/38603535/> (3) <https://pubmed.ncbi.nlm.nih.gov/32208358/>