



NEWS RELEASE

Hinge Health adds surgery to HingeSelect, delivering a fully integrated musculoskeletal care platform

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HingeSelect now offers coordinated care covering physical therapy, specialist evaluations, imaging, non-surgical procedures, prehabilitation, surgery and post-operative recovery.

SAN FRANCISCO--(BUSINESS WIRE)-- Hinge Health, Inc. (NYSE: HNGE) today announced the expansion of HingeSelect to include orthopedic surgery, now delivering care across the entire musculoskeletal (MSK) journey. Members begin with first-line treatment and orthopedic evaluation to determine whether surgery is appropriate. When surgery is needed, Hinge Health supports the journey from pre-op through recovery, connecting members to high-quality surgeons through the HingeSelect network.

Surgery accounts for about half of MSK costs¹ with an orthopedic surgery occurring every few seconds in the U.S.², yet research suggests that up to half may not be medically necessary³. That overuse remains a major source of waste. Moreover, rarely does a single care team manage conservative care, confirm surgical necessity, and oversee the surgical process and pre/post-operative recovery.

This clinical expansion positions Hinge Health to uniquely deliver:

- Appropriate care from the start. Provided by our in-house orthopedic specialists, flagship digital care product, and in-person network.
- Post-operative recovery. Personalized peri-surgical PT, delivered digitally and in-person and coordinated with the surgical journey, has been shown to reduce post-surgical complications by 21% ⁴.
- Cost reduction. HingeSelect's network, including surgery, offers high-quality care at up to 30-50% below



standard costs.

With a provider footprint of over 4,100 locations and growing, HingeSelect has reduced imaging and surgery utilization by over 60% when compared to commercial benchmarks⁵.

"Historically, an employer would address MSK costs by stringing together two to three solutions and hoping they worked together," said Katie Kirkland, Director of Benefits and Wellbeing at **Southern Company**. "Hinge Health has created one seamless solution."

"We've spent 11 years building a digital MSK solution with demonstrated clinical outcomes and real-world results. Still, our clients often ask us 'what if a member needs surgery?'" said Daniel Perez, Co-Founder and CEO of Hinge Health. "Today we have that answer. We now provide an end-to-end MSK solution that addresses the entire care journey, not just one part of it."

About Hinge Health

Hinge Health's vision is to scale and automate the delivery of health care. Leveraging an AI-powered care model, wearable devices, and access to expert clinicians, Hinge Health delivers personalized, evidence-based care that improves member outcomes and experiences, while reducing costs for clients. The company is headquartered in San Francisco, California.

References

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2. **United States (US) Orthopedic Procedures Count by Segments and Forecast to 2030**
3. Riddle DL, Jiranek WA, Hayes CW (2014) — "Use of a validated algorithm to judge the appropriateness of total knee arthroplasty in the United States: A multicenter longitudinal cohort study." *Arthritis & Rheumatology*, 66(8), 2134–2143. / Lown Institute (2025) — "Older Americans get unnecessary back surgeries at an alarming rate." Lown Hospitals Index. / Skou ST, Poulsen E, Bricca A, et al. (2022) — "Benefits and harms of interventions with surgery compared to interventions without surgery for musculoskeletal conditions: A systematic review with meta-analysis." *JOSPT*, 52(6), 312–344. / McKinsey & Company (2023) — "Improving US orthopedic care via patient-centric pathways."
4. **Postoperative Outcomes of a Digital Rehabilitation Program After Total Knee Arthroplasty: Retrospective, Observational Feasibility Study**
5. Internal Hinge Health analysis of HingeSelect Early Access cohort, Sept 2025–April 2026

Media Contact: media@hingehealth.com

Source: Hinge Health, Inc.