



NEWS RELEASE

# Hinge Health's 2026 State of Musculoskeletal Care Report reveals stark gaps in traditional care

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SAN FRANCISCO--(BUSINESS WIRE)-- Today, Hinge Health (NYSE: HNGE) released its sixth annual State of Musculoskeletal (MSK) Care Report, revealing how today's fragmented healthcare system leaves many people unsure how to pursue treatment for MSK pain. Hinge Health surveyed 1,000 people living with MSK pain alongside 295 healthcare providers to understand the systemic challenges and opportunities for industry-wide improvements. The dual-perspective survey – along with real patient and provider stories – maps a clear path to more effective, unified care.

“While Hinge Health's digital physical therapy program has dramatically increased access, MSK care still feels like a maze for too many people,” said Dr. Jeffrey Krauss, MD, Chief Medical Officer at Hinge Health. “The voices of patients and providers in this year’s State of MSK Care Report show where care consistently breaks down. It demonstrates how an evidence-based model that combines digital programs and in-person care can help people start treatment sooner, stay more engaged, and ultimately get better outcomes.”

The report reveals four areas where challenges arise for both patients and providers:

- Confusing start: Nearly one in four patients struggle to decide which provider to see first, while 31% of providers report often seeing patients who should have initially gone elsewhere.
- Unclear care journeys: More than half of patients with muscle and joint pain don't know what to do next while seeking MSK care, and one-third of providers admit they're not satisfied with how care is coordinated either.<sup>1</sup> In fact, while nearly all providers (92%) agree that most of their MSK patients would benefit from starting



physical therapy sooner, only 5% of patients reported that they saw a physical therapist first.

- Overlooked guidelines: More than one in three providers say their MSK patients frequently receive imaging, injections, or surgery before considering more conservative, cost-saving treatments like physical therapy, and 39% of patients confirmed they skipped non-invasive options.
- Incomplete care: One-third of patients feel their providers dismissed their pain, even though 78% of providers believe they deliver comprehensive, whole-person MSK care.

The patient and provider vantage points within the report are not often examined together in combined research studies, offering a more comprehensive view of where traditional models fall short. To address many of these gaps, Hinge Health is using technological advancements in AI and automation to strengthen care teams and reshape healthcare delivery by providing a more efficient and unified MSK care experience.

Access the full report and learn how Hinge Health can address the challenges within here:

<https://www.hingehealth.com/for-organizations/state-of-msk-report-2026/>

## 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.

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