



NEWS RELEASE

Study finds Hinge Health significantly lowers fall risk for adults aged 65+

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Hinge Health's Fall Prevention program was associated with 57% lower odds of participants reporting an emergency room visit

SAN FRANCISCO--(BUSINESS WIRE)-- Hinge Health, Inc. (NYSE: HNGE) announced today the publication of a new study that showed a significant reduction in the risk of falls and emergency room (ER) visits among adults aged 65+.

The study, published in the **Journal of Comparative Effectiveness Research**, found that among adults aged 65+ at risk for falls, those using Hinge Health reported 37% fewer falls and 57% lower odds of reporting an ER visit at three months compared to a control group. They also reported improving their physical function and control by 6.9 points more than the comparison group, as measured by the SF-36 Physical Functioning Scale.

The non-randomized controlled trial examined clinical outcomes of 687 adults aged 65+ at three months. The intervention group received digital exercise therapy, with dual-tasking exercises for improving balance, education, and a multidisciplinary care team of physical therapists and health coaches via Hinge Health, while the comparison group received educational reading materials on ways to improve balance and prevent falls.

For adults aged 65 and older, falls are the leading cause of injury with nearly one in four adults in this demographic reporting a fall each year.¹ A combination of factors – including lower body weakness and difficulties with walking and balance – contribute to a cycle of falling and a fear of falling for many aging adults.² The result is more than three million ER visits each year that drive approximately \$80 billion in medical treatments, two-thirds of which are covered by Medicare.³

For Medicare Advantage plans, falls carry important quality, cost, and member experience implications. They contribute to avoidable utilization and higher total medical spend, and impact Star Ratings tied to plan performance and bonus payments. These study results demonstrate a scalable way to reduce fall risk, support functional independence, and expand access for members who face barriers to in-person care, like transportation or mobility limitations.

“Falls can be life-altering events for older adults, often leading to serious injuries, a loss of independence, and a diminished quality of life,” said Dr. Jeffrey Krauss, MD, Chief Medical Officer at Hinge Health. “This study reinforces the powerful role that preventative care can play. By helping older adults build strength and balance, we’re reducing ER visits and helping people stay active, confident, and in control of their lives.”

View Hinge Health’s 23 clinical studies and ROI analyses here: <https://www.hingehealth.com/resources/clinical-studies/>

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.

1. Ramakrishna Kakara, MPH1; Gwen Bergen, PhD1; Elizabeth Burns, MPH1; Mark Stevens, MA, MSPH. <https://www.cdc.gov/mmwr/volumes/72/wr/mm7235a1.htm>
2. Centers for Disease Control and Prevention. (2026, January 27). Facts about falls. <https://www.cdc.gov/falls/data-research/facts-stats/>
3. Centers for Disease Control and Prevention. (2024). Older adult fall prevention at-a-glance. U.S. Department of Health and Human Services. **PDF**

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