Testimonials from your A&M System colleagues and family members

*\*All participants included below have noted it is OK to share their testimonials*

"HH has given me tools to do well when the pressure is high at work home and inside me! I can survive and thrive with the tools offered in this program. It is a three-step process, access to tools, acceptance of tools and integration of tools into my daily habits! Thank you for keeping me accountable these two months during a PANDEMIC!"

"The 3-month anniversary of my Hinge Health journey is a happy occasion. I am so grateful to have found the program and for taking the leap of faith needed to engage and stay true to my goal of independent living for as long as possible. It has been a great experience for me. I now have a constant companion in my app and my coach just a text/message/call away. My excuses were obliterated with easy access and the tablet provided. Many thanks for the help with having more pain-free days in my life and the hope for a better tomorrow."

**-Neck program participant, 55-60 years old**

“I am constantly on my feet in my day-to-day functions. Not having that pain surface from time to time allows me to carry on in my routine that much easier. I have started working out and will do it every other day to strengthen myself and overall, provide me better health and wellness. Even after the completion of this program, I will continue to perform leg exercises to decrease the chance of knee issues. This program had instilled in me the need to maintain a steady routine of exercise."

"The articles I have read have all been great. They hit the nail on the head and made me realize that surgery is not the only option moving forward.”

“The term "use it or lose it" comes to mind in that exercising kept my knee and leg loose instead of tensing up. I was able to move around and it felt good."

**-Knee program participant, 45-50 years old**

“My shoulder movement is feeling a lot better. Even though I am not able to completely move in a certain manner without pain, it has been a tremendous improvement. The articles also have helped me understand pain and that it is ok to feel pain. I am definitely putting extra effort in the exercise even if it may cause some pain in order to improve the movement. Overall, the program is working, and I will continue even after I complete all the levels of the program!"

**-Shoulder program participant, 55-60 years old**

“Since I have suffered so much with this back pain mentally and physically for years, I was at a point that ready to do anything to get some relief! So, when I found something to help me I am 100% sticking to that! And it is my nature, that anything I start doing, I will be motivated and usually do not get distracted. So, I will say my constant pain for years is the reason which makes me do the exercises regularly. I have full trust in this program that with these exercises I can manage my pain and will be able to enjoy my life more and more.”

“Enjoying the exercises. I never thought I would be able to get up from the floor. I was not able to do that for years. Now, though not easy, I am able to do the floor exercises which makes me very happy. I am so happy I joined Hinge Health!”

**-Back program participant, 65-70 years old**