

Spinal fusion surgeries significantly reduced with Hinge Health

Hinge Health, the nation's leading MSK health solution, is proven to significantly reduce costly MSK procedures for members.

Spinal fusion surgeries are one of the most costly MSK procedures, both in direct costs and lost productivity.

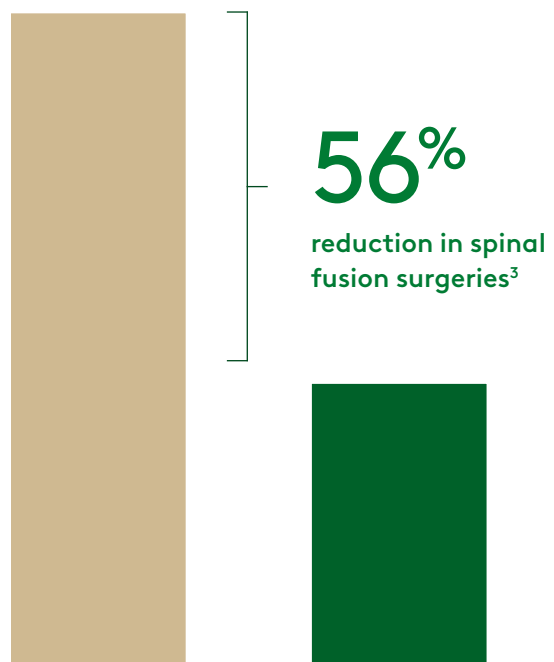
\$160K+

average hospital charges per stay for a spinal fusion in 2020¹

40%

of spinal fusion surgery patients experience disability for up to 1 year²

Hinge Health members underwent significantly fewer spinal fusion surgeries



Hinge Health is the only digital MSK solution with peer-reviewed claims reductions in spinal fusion surgery.

In a 24-month medical claims analysis (N=6,848), based on a claims dataset of over 100M Americans, Hinge Health participants with low back pain underwent significantly fewer spinal fusion surgeries than similar non-participants who used traditional care.

Number of spinal fusions per 1000 subjects



Hinge Health has proven claims reductions in the three most costly MSK surgeries

This study builds upon Hinge Health's commitment to delivering superior member outcomes and claims reductions that are backed by gold standard methodology.

Hinge Health leads the market with peer-reviewed studies with proven surgery claims reductions.

- Over 1.5M spinal fusions, knee, or hip replacements are performed annually^{4,5}
- These surgeries are the most costly types of MSK intervention
- Hinge Health goes beyond measuring member-reported surgical intent to validate that our approach results in real claims reductions

56%

reduction in spinal fusion surgeries¹

73%

reduction in knee replacement surgeries⁶

50%

reduction in hip replacement surgeries⁶

Key takeaways:

1

Look for clinically proven cost reduction: We validate our approach with peer-reviewed, control-matched studies

2

Expect predictable outcomes: Hinge Health has proven claims reductions in MSK surgeries

3

Insist on large-scale studies: Real ROI means showing a meaningful impact in a large, commercial claims dataset

Study Overview

- 12-month post changes in MSK costs for Hinge Health vs. control group
- Analyzed a large database of 100M medical claims
- Study participants:
 - 3424 Hinge Health members and 3424 matched traditional care patients
 - Individuals with low back pain

Read the full study to learn how Hinge Health can reduce MSK costs

Sources:

¹ HCUPnet Data Tools – Healthcare Cost and Utilization Project (HCUPnet) [Internet]. [cited 2023 Aug 10]. Available from: <https://datatools.ahrq.gov/hcupnet/>

² Greenwood, J. et al., Rehabilitation Following Lumbar Fusion Surgery: A Systematic Review and Meta-Analysis. SPINE 41(1):p E28-E36, January 2016. | DOI: 10.1097/BRS.0000000000001132

³Yadav, S., Gold, L.S., Zaidi, Q.H. et al. Spinal fusion surgery use among adults with low back pain enrolled in a digital musculoskeletal program: an observational study. BMC Musculoskeletal Disord 25, 520 (2024). <https://doi.org/10.1186/s12891-024-07573-0>. (reduction represents association and not causation).

⁴Joint Replacement Surgery. American College of Rheumatology. https://rheumatology.org/patients/joint_replacement_surgery.html

⁵Williams, A. L., Gornet, M. F., & Burkus, J. K. (2005). CT evaluation of lumbar interbody fusion: current concepts. AJNR. American journal of neuroradiology, 26(8), 2057–2066.

⁶Lu, L., et al. (2023). Digital musculoskeletal program is associated with decreased joint replacement rates. The American Journal of Managed Care, 30(4), e103-e108. (reduction represents association and not causation).