



Reducing chronic pain at a processing plant

CPG / Manufacturing case study

Industry:
Consumer Packaged Goods /
Manufacturing

Covered Lives:
3,900

**Musculoskeletal (MSK)
Challenges:**

- Diverse manufacturing workforce with MSK risk factors such as repetitive motion and heavy lifting
- MSK conditions consistently among top cost drivers

Pain at work

Brian is a 55-year-old Maintenance Tech at a leading food processing company. With over 20 years of chronic knee pain, it was difficult to do his job. All of the climbing, kneeling, lifting, and squatting needed to do his job was aggravating his knee pain. As a result, he resorted to working in awkward positions to try and avoid pain. Brian's doctor told him he had arthritis in his knee. He tried medication and physical therapy, but his pain continued to worsen.

Help from a friend

Brian's coworker, a participant in the Hinge Health back program, suggested Brian try the knee program. Maggie, Brian's Hinge Health coach, helped him incorporate exercise therapy into home routine after dinner. He started to notice great improvements in mobility and pain after a few weeks. Before starting the Hinge Health program, he could barely walk downhill. Now pain free, Brian can enjoy hiking and playing with his grandchildren, and confidently kneel, climb, and squat at work.

“

“I can finally kneel while working. There was no way I could have done this in the last 10 years.”

Brian E.
Knee program



Digital Care Made Simple

Many manufacturing employees lacked smartphones or tech-savviness. Hinge Health made it easy with wearable sensors that worked out of the box without any software to configure. Health coaches also provided onboarding support. Hinge Health’s digital solution delivered all 3 pillars of best-practice back and joint pain care:

- Exercise therapy guided by wearable sensors
- Behavioral therapy with 1-on-1 coaching
- A complete educational curriculum

“Hinge Health went above and beyond to provide extra onboarding support.”

Director of Benefits

After 1 email and 3 home mailers

Gallagher hit 100% of their enrolment goal and achieved these outcomes after 1 year with Hinge Health.

93%

Weekly engagement for participants that completed the program

73%

Decrease in depression

65%

Reduction in lost work days

1 in 2

Surgeries avoided in year-1

See a demo of the Hinge Health program hingehealth.com/overview-manufacturing