

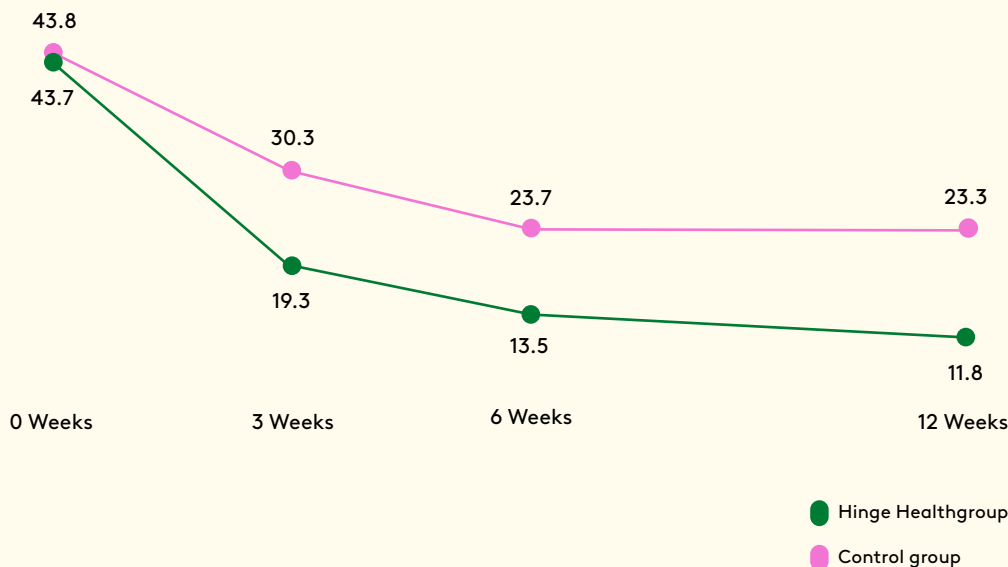
Hinge Health relieves pain for acute injuries and prevents the development of chronic pain

In two studies conducted with researchers from University of California, San Francisco and University of Rhode Island, Hinge Health’s approach to acute care has been proven to reduce pain, improve function, and help participants avoid progression to chronic pain. Both studies included a control group for reliability and validity.

Acute pain is pain that has a sudden onset and has been present for less than 3 months. Most often, acute pain has a distinct cause like an injury.

- ✔ MSK injury is a leading cause of healthcare use: 77% of all injury-related health care visits are for MSK injuries¹
- ✔ MSK injury lowers productivity: Employees with an MSK injury miss 12 days of work on average²

Clinical outcomes for acute pain compared to a control group



Results at 12 weeks

73%

average pain reduction per participant

77%

of participants reported meaningful functional improvement in normal daily activities



Help employees recover effectively and efficiently

For members with acute pain, Hinge Health provides immediate access to a doctor of physical therapy and a personalized treatment plan which includes exercises and education to help them build confidence so they can move more and return to meaningful activities faster.

3.7x

more Hinge Health members with acute pain avoided chronic pain³

If left untreated, acute pain, such as a sprained ankle, can progress to chronic or long-term pain – leading to expensive invasive procedures that might have been prevented.

Key takeaways:

1

Acute injuries benefit from fast access to PT: Acute pain keeps people from being their most productive, but Hinge Health can get them feeling better in a few weeks.

2

Acute pain becomes chronic pain if not treated: Hinge Health is the only MSK solution that has been proven to prevent acute pain from transitioning into chronic pain.

3

Rely on repeatable outcomes: Both these studies used a control group, a critical mechanism for ensuring study results can be repeated in other populations and settings.

Overview of studies

Clinical outcomes study

- An observational, longitudinal study of 937 participants with acute pain
- Pain and function were measured at 3, 6, and 12 weeks
- Included a nonparticipant control group for comparison

Chronic pain prevention study

- An observational study of 159 participants with acute pain
- Used a multidimensional approach incorporating pain, function, depression, and anxiety scores to determine whether chronic pain prevention was achieved at 12 weeks
- Included a nonparticipant control group for comparison

Read about Hinge Health's acute care outcomes and how we prevent acute pain from becoming chronic pain

Sources:

¹Bone and Joint Burden, By the Numbers – Musculoskeletal Injuries, <https://www.boneandjointburden.org/docs/By%20The%20Numbers%20-%20MSK%20Injuries.pdf>

²Wang G, Yang M, Hong M, Krauss J, Bailey J. Clinical Outcomes After a Digital Musculoskeletal Program for Acute and Subacute Pain: Observational, Longitudinal Study With Comparison Group. *JMIR Rehabil Assist Technol* 2022;9(2):e38214

³Hong M, Topete M, Yang M, Bailey JF. Effects of a Digital Musculoskeletal Acute Care Program on Chronic Pain Prevention: An Observational Study with Nonparticipant Comparison Group. *J Pain Res.* 2022;15:3605-3613