The State of MSK Care 2024

Spotlight on: technology

Industry-specific insights from Hinge Health's independent survey of 10,000 Americans in musculoskeletal (MSK) pain



Data at a glance



73% of survey respondents report they are looking for nonsurgical options to treat their MSK pain

49% say they are not or only sometimes in control of their pain



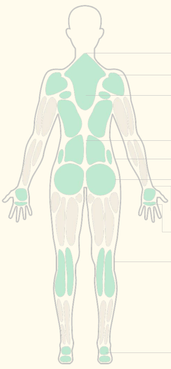
39% indicate that pain decreases their productivity at work



17% indicate they do not fully understand the benefits offered to them

55% say their pain makes them more anxious

Where technology employees are experiencing pain



- 31% Neck
- 28% Shoulders
- 28% Upper back
- 41% Lower back
- 17% Hip
- 10% Pelvic region
- 19% Wrist
- 19% Hand
- 24% Knee
- 22% Foot

Percentage of people who are currently experiencing or have experienced pain or other health issues related to the listed areas of the body in the past 12 months



About **4 in 10** say pain has decreased productivity at work

Employees want to avoid surgery + drugs



73% say they want an option that doesn't require surgery



62% say they want an option that doesn't involve drugs

Pain rarely exists in isolation



50% experience pain + anxiety



37% experience pain + depression



31% experience pain + sleep disorders



21% experience pain + type 2 diabetes



14% experience pain + obesity

Percentage who are currently experiencing or have experienced these conditions in the past 12 months

Pain is a mental health issue

"My pain makes me feel..."

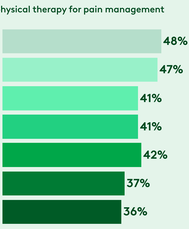
- **55%** Anxious
- **47%** Depressed
- **42%** Isolated
- **40%** Lonely
- **38%** Hopeless

Percentage of people who indicate they agree/strongly agree with the above statements

Physical therapy (PT) is underutilized

Only **38%** of technology employees use PT

Barriers to using traditional physical therapy for pain management



Employees' impressions of employer-provided health benefits

I understand all my health benefits
- 72% Yes
- 28% No*

I use all the health benefits offered to me
- 48% Yes
- 52% No*

I am satisfied with my health benefits for MSK pain
- 68% Yes
- 32% No**

*No/not sure. **No/neutral.



84% of technology employees are somewhat to completely open to trying a digital physical therapy platform

Download the full State of MSK Care 2024 Report

Or **contact us** to learn more about how we are transforming the way pain is treated.

www.hingehealth.com

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