

Easing Chronic Pain On The Road

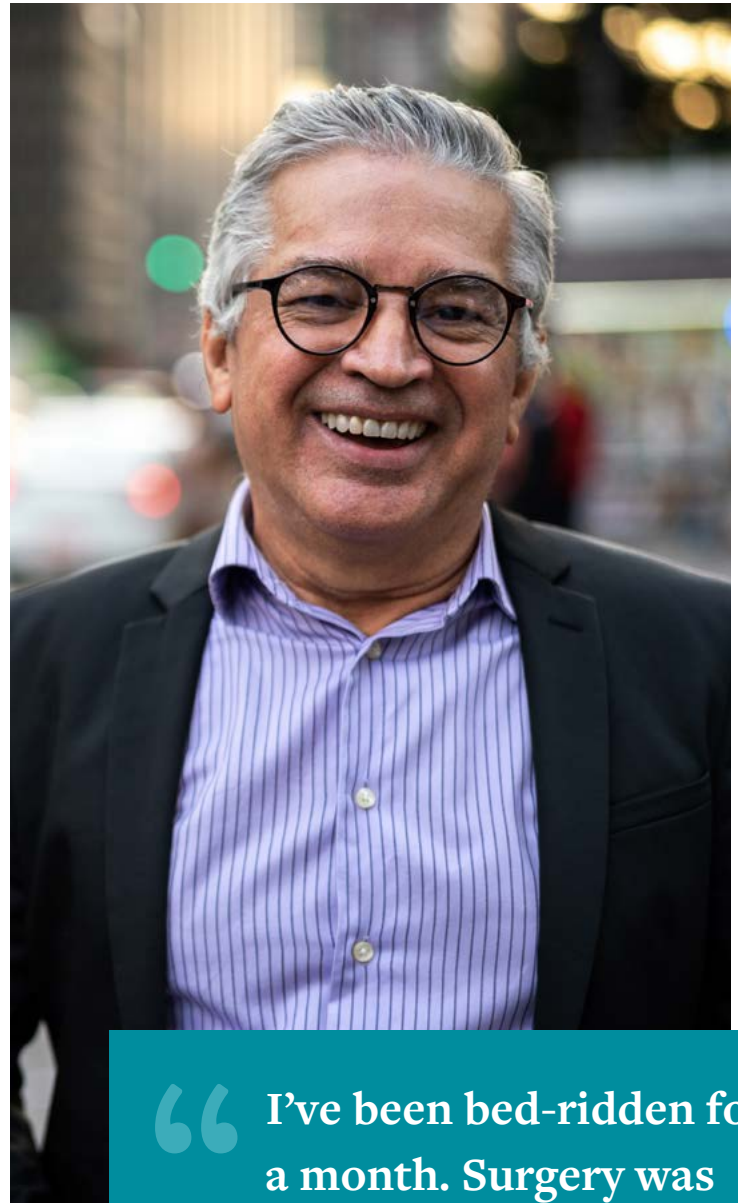
Professional services case study

Living with Chronic Pain

Rich is a 20-year veteran consultant at a Big Four accounting firm who, on top of long hours hunched over a laptop, commutes 55 miles a day. The past 2 years, his back pain has become unbearable. He tried epidurals, surgery, physical therapy, and opioids and was waking up every 3 hours to take a pill that barely helped. He had fractures on his spine's base. After being bed-ridden for a month, Rich reluctantly completed pre-admission testing for spinal fusion surgery.

Finding Hope

Rich learned about Hinge Health from a coworker. He opened his Hinge Health kit on the kitchen table and did his first session at home. After his first week on Hinge Health – Rich called his surgeon to delay the surgery so he could give this program a shot. A month later, Rich's pain resolved so much that he canceled the surgery. Now, well over a year later, Rich remains active on Hinge Health because he can do it anytime and now he's even back to playing golf and basketball.



“ I’ve been bed-ridden for a month. Surgery was scheduled for Friday— this was my last shot.”

Rich M.
Back program user

Big Four Company Profile

Industry: Professional services

Covered Lives: 70,000

Musculoskeletal (MSK) Challenges:

- MSK spend was 2x the national average
- Dispersed, hardworking workforce struggling to find time for self-care

Going Digital to Reach Road Warriors

For a traveling workforce, Hinge Health's digital solution delivered all 3 pillars of best-practice back and joint pain care:

1. Exercise therapy guided by wearable sensors
2. Behavioral health with 1-on-1 coaches
3. Education

“ We were looking for a program that could be done anytime, anywhere.”

Director of Benefits
Big Four Accounting Firm

Life-Changing Outcomes



90%
weekly engagement

for participants that completed the program

4x better
pain reduction

compared to opioids



↓55%

reduction in lost work days

2 out of 3

surgeries AVOIDED



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