



Moving people beyond pain

A collection of testimonials from members whose lives have been changed by Hinge Health.





"I cannot adequately express how impressed I am with the Hinge program and a large part of that is my health coach's personal effort and genuineness, as it relates to my wellbeing."

"Loving this program so much that I am telling folks about it. I got a new recruit for you yesterday!"

"I went hiking this weekend for the first time in a very long time. These stretches helped tremendously as I noticed that my calves did not cramp up on the hills. **This program is going to really help me get back to being active.**"

"I was at a gathering and a couple of people commented, 'you are looking taller, your hunch is getting better.' Was a great feeling. Will keep working on my neck."

"I don't think I'll ever be finished. The relief and increased strength make me **want to keep going forever.**"

"Went to the doctor's today and he was very impressed with the progress. I'm ready to become a Hinge Health poster child."

"It was about an hour ago when I realized I **was pain free! First time in a long time and no medication.** Don't know what to do with myself."

"It's pretty amazing that **something free like this is better** than something that's typically paid for. I think it's pretty amazing that your teams would send us gear with no strings attached. **I plan on doing it as much as I can...** this has been fun."

"I did jumping jacks for the first time in ages yesterday. Not too many just trying to get my son to move a little and it didn't kill my knees."





"My neck has gotten stronger. I continue to prove that doing the exercises as frequently as possible brings me less pain and more mobility. Less pain has given me more quality in life."

"**Love this program and how it fits into my schedule.** I am feeling really good about my progress and hope by summer I'll be ready and able to do the things I love!"

"I had a great day yesterday, but the best part is that we rode 7 hrs and my knee, like nothing, today is normal. In the past, not long ago, after 40 minutes I started to feel my knee tight. Yesterday, nothing!"

"I certainly was contemplating a surgical procedure, but **with the current improvement surgery certainly is not on the table.**"

"Hinge Health has been such a positive feedback loop. I feel much better on the days I take 10 minutes for my exercises."

"I am excited about having less pain! **It feels great to not have to think twice about going up and down the stairs** or making certain movements."

"It has been some very hectic weeks but **my health coach's last message really resonated with me**, a bit of exercise is far better than none. I always aim at being perfect and sometimes struggle with doing just a bit. I told HR how much the program has helped me. It truly is amazing."

"Feeling more strength in lower body. Helps with daily activity and simple things such as bending over to pick something up. Knee is feeling better every day."

"I really love the program and **being able to level up allows me to feel like I am accomplishing goals.** I am always excited to see the next set of exercises and trying something new."





I'm now a walking talking billboard for Hinge Health. I sleep better at night when I've been consistent with the exercises!



"Going for walks has been something I've loved doing for a long time. The pain forced me to stop. **Now that I am consistent with my exercise therapy, I have been able to get back to walking and it makes me so happy!** I also have no pain when I wake up and it's been a long time since that happened!"

"I know that strengthening the muscles around my knees will help with the pain and although it's a slow process I'm happy to have begun it with Hinge Health. I needed to start someplace so I'm thankful for my coach and this program that was provided through my work."

"The program speaks for itself. It connects a few dots in a holistic way with combining movements, education, and coaching. The encouragement has had a positive impact. The program has been meeting my focal point needs. The sensors have had a positive impact. Because of the movements I'm doing, my muscles are being strengthened which is improving my posture. The levels I am in now seem to be expanding above and beyond my focal area in a gradual way."