

Let's get your people moving beyond pain

Give your people access to the muscle and joint care they need to recover from injuries, manage pain, prevent unnecessary surgeries — and get results that last. All from one app.

Learn more about Hinge Health
movement@hingehealth.com | hingehealth.com

Let's get every body moving

Hinge Health is the leading digital clinic for muscle and joint care, designed for everybody and every body part.



Reimagined MSK care built around your members



Simply Accessible

Put a digital clinic in every member's pocket with our all-inone app — so members can get moving any time, anywhere.



Clinically Complete

Make lasting physical and behavioral change with care from physical therapists, health coaches and surgeons. Improve engagement with wearable devices for motion tracking and everyday pain relief.



Intelligently Personalized

Provide personalized care that gets smarter with every move — with early interventions and coordination across digital and in-person providers.



Trusted care. Proven results.

68%

Average reduction in pain per participant¹

Average reduction in depression and anxiety¹

2.4X

ROI from largest third-party reviewed claims study of 136 employers²

26M

Covered lives

Digital MSK app. 4.9 star rating from 11,000+ reviews

Health plans, PBMs and ecosystem partners choose Hinge Health as their preferred partner



Scan to see how Autozone reduced costs by getting their members moving with Hinge Health

Join the 1,500+ employers reducing medical spend with Hinge Health









¹ Bailey et. al. Digital Care for Chronic Back and Knee Musculoskeletal Pain: 12 week, 10,000 Participant Study. JMIR. (2020) ² 136 Employer Medical Claims Analysis Study (2022)