



Movement



“The structured guidance and meaningful form feedback during exercises keep me motivated to follow each step of the program.”

The pain started when Gaby, a holistic nurse practitioner, was early postpartum. She was experiencing pain in her right gluteal area, “but sometimes at the end of the day when I went to go to bed, I would feel this pain all over,” Gaby recalls.

She was starting to feel depressed by the way pain was limiting her life — even shopping was difficult. “Before Hinge Health I did not look forward to going to a store. That day would be a day of pain.”

Finding Hinge Health, Gaby says, felt like a breath of fresh air. “Because I’m someone who loves technology and values flexibility, it was a perfect fit for my busy life with a small child,” she says. “When [my Hinge Health package] first came, I thought, ‘oh, this is amazing — I have to do this.’”

“I appreciate the structured exercise guidance and meaningful feedback, which correct my form and keep me motivated to follow each step of the program,” she explains.

Within a month of starting her program, Gaby began to feel improvement. That early progress, along with support from her health coach, kept her going.

“If you see something’s working, you want to keep doing it,” she says. “We’re working as a team. It’s not one-size-fits-all.”

“Hinge Health checked all the boxes for restoring my health, giving me the freedom to do the things I love again,” says Gaby. “It’s been a truly empowering experience.”

With Hinge Health, Gaby says, “there is hope now.”



Present, active, and engaged with family

By Mark, Hinge Health member

After a basketball injury years ago, I sought help for my chronic back pain from the medical community.

I assumed the answer would be obvious and that I would get help, but I always came up short of viable and sustainable solutions. I didn't want pain medication, injections, or surgery. I realized I needed a more holistic approach.

I tried physical therapy, but it was expensive and hard to regularly fit into my schedule. For years, I just toughed it out. I worked through the pain — ignored it or dealt with it.

But when my first child was a newborn, I started having these debilitating back spasms that made even my basic movements — bending down, leaning over, picking up — extremely difficult and painful.

I was so thrilled and proud to be a father, but also discouraged and desperate to improve my mobility. My family deserved better. I wanted to be fully present for my son and a supportive partner for my wife.

Around that time, I saw a blurb in my employer's newsletter about Hinge Health. I took a leap of faith, tried it, and immediately felt a difference in my range of motion.

Four years later, not a single day has gone by that I haven't started with my exercises.

Hinge Health restored my freedom to move. That allows me to be the father my wife and children can count on to be present, active, and engaged. Instead of worrying about when my next back spasm will be, I can enjoy each precious moment with my family. Parenthood has been immensely better and more rewarding thanks to Hinge Health.

Quick office stretch break



Standing T

Do 10 times



Crescent lunge

Do 5 per side



Cross arm stretch

Hold for 20 seconds per side (x5)

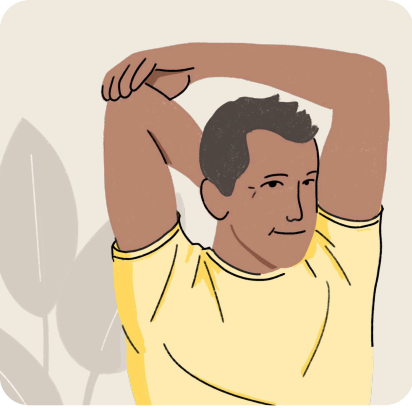


Side bend with arm reach

Do 5 per side

Find your movement sweet spot

Aim for a balance of activity: not too much or too little. Some minor pain after exercise doesn't always mean harm; it may mean you're challenging your body appropriately. How to stay in your sweet spot:



Go slow and steady

Start with gentle movements and gradually increase intensity as your body adapts.



Prioritize consistency over intensity

Do moderate, consistent exercise instead of pushing past your limits occasionally.



Listen to your body

See how you respond to different activities. You'll learn to tell healing pain from harmful pain

95%

Thanks to TrueMotion and other technology, the Hinge Health platform reduced the number of human care team hours associated with traditional physical therapy by approximately 95%.¹



Your next position is your best position

Moving regularly — rather than staying in any one "perfect" posture — prevents discomfort and keeps your body feeling better.



Hinge Health clinical tip



The daily playlist, articles afterward, outstanding help from my live care team, and additional movement sessions are what made the program so successful for me. I thought I'd be stuck with neck pain, since I could never find a solution. Hinge Health gave me my life back.

Monique, Hinge Health member

Unscramble these jumbles

NOISIV

○				○	
---	--	--	--	---	--

NOTIMO

○					○
---	--	--	--	--	---

IGTSNIH

					○
--	--	--	--	--	---

GIEHN

				○
--	--	--	--	---

CEIDIENM

○						○
---	--	--	--	--	--	---

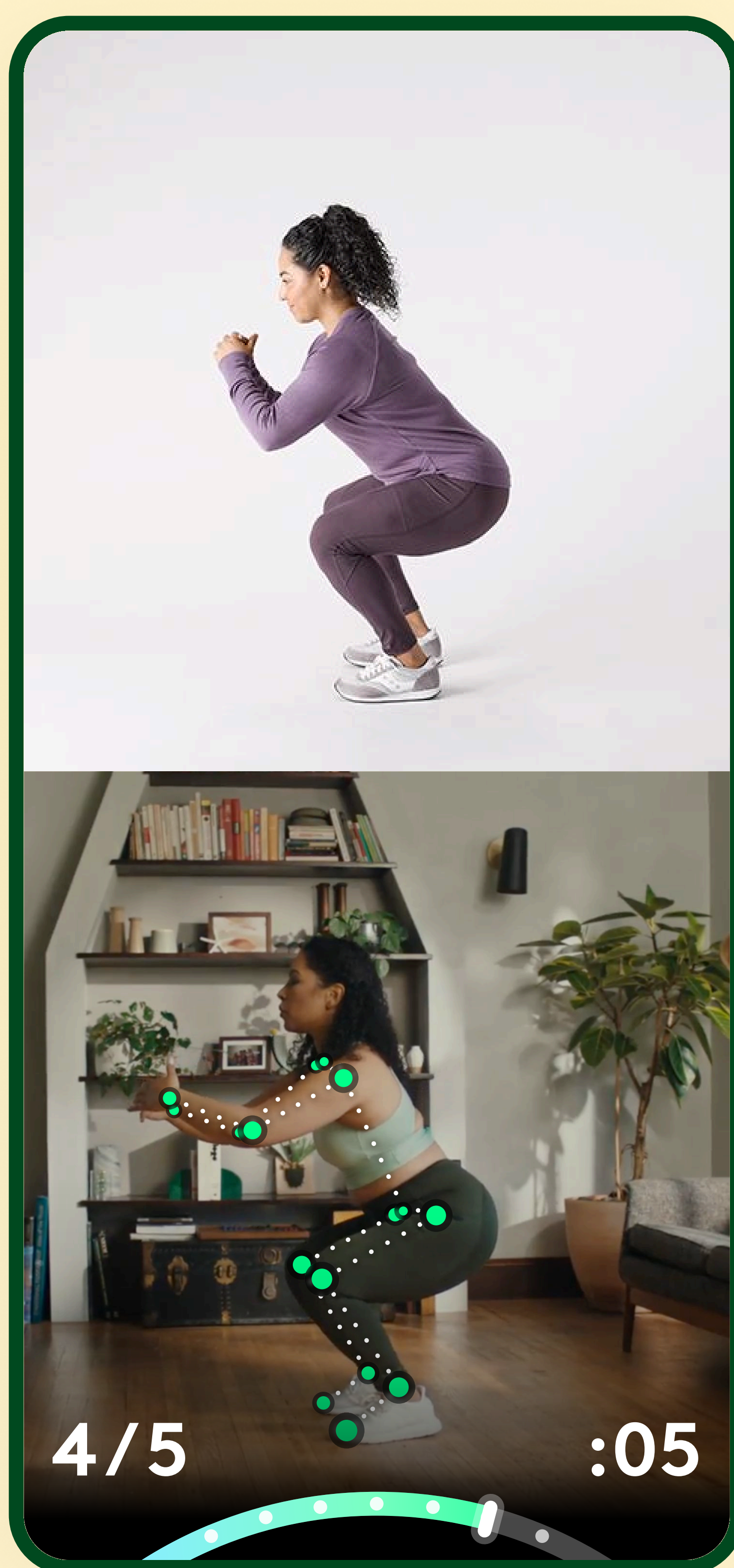
Unscramble the circles to reveal the bonus word

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

1. Hinge Health, Inc., SEC Form S-1 filed March 10, 2025, <https://www.sec.gov/Archives/edgar/data/1673743/000119312525051004/d829170ds1.htm>



With you every step



and squat of the way

Experience TrueMotion™ yourself today