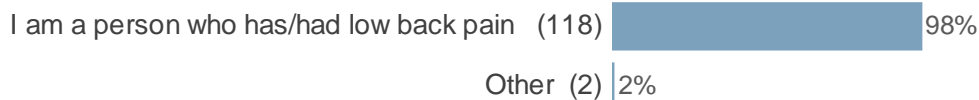


Digital technologies for managing low back pain v2

This report was generated on 14/09/23. Overall 120 respondents completed this questionnaire. The report has been filtered to show the responses for 'All Respondents'. A total of 120 cases fall into this category.

The following charts are restricted to the top 12 codes. Lists are restricted to the most recent 100 rows.

Please select which of the following options best describes you:



I am a parent, carer or guardian of someone who has/had low back pain (-)

I do not have/ I have not had low back pain (-)

Please specify:

I have Knee pain that the Orthopedic doctor's were telling me that I needed both knees replaced.

Had low back pain but mostly hip pain

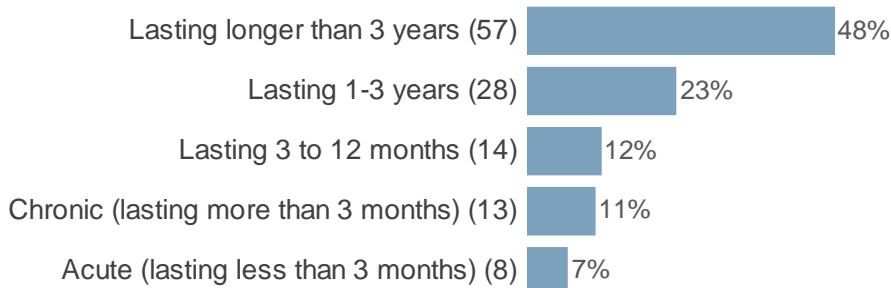
What is the age of the person with low back pain?

Count	Sum	Mean	Sample Standard Deviation	Minimum	Maximum	Range
115	6642	57.76	10.63	27	83	56

Is the low back pain attributable to a specific cause for example cancer, an infection, trauma or inflammatory disease such as spondylarthritis?



Please select from the list below how long your low back pain has persisted:



Please briefly describe the impact that low back pain has had on your life in the box below:

Constant leg cramps at night leading to loss of sleep. Numbness from knee on down. Surgery in Dec 2022, with follow up surgery from infection of surgical site Feb 2023. Recovery from initial surgery was very good with no further leg pain until infection set on. Recovery from that point on has been very slow. Complicated due to right knee pain (will eventually require knee replacement).

It impacts all aspects of my life: work, family, entertainment.

Limit activity to some degree, primarily it causes me avoid certain activity!

It has been with me since I was a teenager. It's affected so many aspects of my life - making me feel like I can't participate in a lot of activities that I would have otherwise.

Pain poor sleep

It makes it difficult to sit for long, difficult to rise from a seated position and when really bad limits mobility as its difficult to stand up straight. Seems to consign you to long term pill regime without investigation incase it as another cause not related to muscular skeletal. I have had a fall in the past resulting in soft tissue damage to the back which as been presumed to be the cause or maybe excess weight. However it as only become worse since new regime of pills started and a small amount of weight lost.

have managed to keep it under control with gentle exercise and moving

I am ristricted on how far i can walk

I cant walk far and find it hard to stand in one position long. Daily life is restricted

Restricts manual work eg vacuuming gardening

Dehabilitating. It kept me from doing the fun activities and caused great pain while doing physical yard maintenance on my 1/2 acre.

It is off and on depending on activity. I am very active. I deal with it and move on when it flairs up.

My job consists of me walking on various terrains. My knees would swell and ache so bad that I had to take a couple of days off just to recover.

I have had low back pain since High School. It was so bad last year I had a disc removed.

Low back pain affected me in every aspect of life. It made work harder and it made running harder, and running is my thing. So eventually the physical pain seeped into my brain in the form of mental pain/stress/anxiety. Pain isn't just physical.

Inhibits me physically and psychologically

extra care when lifting anything, not sitting for long periods,

Everyday chores like cooking ,gardening and housework

When back pain occurs I experience have trouble standing and walking. I also have pain in my lower pelvic cavity and hips

Unable to walk much and get very tired.

Limited many activities. Impacted sleep. Made it difficult to work at my best on occasion

It is disabling and debilitating. It impairs sleep, I cannot walk far or participate in activities I used to love. I retired early because I could not continue due to pain and my performance was impaired.

Restricted Range of movement, disturbed sleep

Restricts my ability to do things

I have had constant low back for 20 years, gradually worsening each year, until I could no longer teach aerobics class, then gradually moving less. I spent a lot of money on chiropractors, massages and doctors visits. Over the past 10 years I have done over 6 different in-person PT programs lasting 3-6 months at a time. I used a tens unit and tried muscle relaxers. I was told I would need surgery in 5 years

Please briefly describe the impact that low back pain has had on your life in the box below:

It limits the angles and heavy lifting I can do. Certain simple things, like vacuuming can cause a flare up. Although they are few and far between, when they do happen it's hard to even move or walk, and typically lasts for days.

When I have a flare up I am generally very constrained in my activities and unable to maintain my normal fitness routine.

Every moment of my day was focused on trying to relieve pain. My quality of life was significantly impacted.

While it varies from year to year based on many factors, it is persistent. At times it is debilitating but mostly it's just present. In the past year it has manifested into nerve pain that spread through my outer thigh, causing burning and numbness. It affects some movement and I must always use care when lifting or twisting.

It has made it difficult to pick up my newborn baby at times because it hurts to bend over

I am not as productive as I would like and some activities are painful.

recently diagnosed with arthritis. in my hips and spine the flare ups limit movement. at worst I ask my partner to put socks on at best I can manage 30 mins of walking and 15 on exercise bike

It made everything difficult - sleep, work, exercise, ...

Makes every day activities significant less pleasurable.

My lower back pain impacted both my sports and non-sports daily activities greatly. On doctor's orders, I had to cease running and playing singles in tennis due to issues with L4/5. My golf was affected as well. At the worst point, I had lost feeling in my legs - experiencing numbness and tingling. Very uncomfortable. As an IT professional, I sat and typed a lot and led and attended many meetings. I had to use back aids to lessen the discomfort.

Difficulty with being active, restricting movement

Sometimes I have trouble sleeping.

The pain interrupts my sleep.

I injured my sciatic muscle when I was 19 which dramatically changed my life since it was something I've had to be careful of since. I also had a car accident years later in which I injured my tailbone and had also been diagnosed with a herniated disc. This also contributes toward being very careful in my activities to not cause issue with any of these areas.

It has stopped me from doing a lot of things I like to do.

Missed some work. Unable to complete things I have wanted to do.

It has changed my activity level in a negative way. It interrupted my nightly sleep. It also caused me to walk slowly.

It makes it hard to be on my feet for long periods of time

It limits my mobility and ability to engage in activities around the house and with sports. Standing up from a chair, putting on socks and picking things up from the ground were painful activities. It had a significant impact on my overall enjoyment of daily life.

The pain in my back has existed off and on for about 20 years. It has recently become more intense and consistent now that I have retired and renewed my interest in golf. It affects my sleep, how I get up/sit up, and whether or not I do certain activities based on how sore it is. It does not affect simple activities such as dressing, walking, reaching, etc. It is my lower back and only impacts activities that involve bending and/or twisting my lower back.

Minimal impact to my way of life. Just bothersome at times.

Lower back pain has affected my daily life and exercise, which was very limited due to the back pain

Extreme low back pain has caused me to not be able to do normal daily activities. At times, walking any longer distances was not possible. Getting out of bed was difficult as well. Multiple doses of ibuprofen was a daily occurrence also.

Please briefly describe the impact that low back pain has had on your life in the box below:

It was an impediment to go up the stairs, almost unable to perform my duties at my job

Sciatica in my right leg.

I struggle getting out of bed in the morning

It kept me from doing daily chores such as dressing, working, cleaning

IBP limits my running, standing and in the morning getting out of bed.

I had trouble doing day to day things. Walking, getting up from bed. It also impacted my work (sitting at desk)

Occasional discomfort limiting movement.

It has caused serious frustration and disappointment not being physically able to do the activities that I enjoy or the activities necessary on a daily basis that are required to maintain a household or hold a job.

Annoying, sometimes painful for a few days at a time; do not know what precipitates other than a funny twist or lifting something.

My lower back injury and resulting pain has caused me to use extra caution when lifting weight on my job. Also in my off the job life I have to be careful about moving furniture or doing strenuous work.

I had sporadic back pain when I moved wrong or lifted something heavy. When it happened I was in quite a bit of pain for several days, affecting sleep, sitting, walking, just about any movement

My job consists of standing most of the day! There were days where standing was not an option, had to sit! Waking up in the mornings with pain!

Stiff and sore, could not brush teeth without holding yourself up.

Makes many things inconvenient even tying my shoes. The things I enjoy like golf are much more difficult.

Hard to stand long periods

I have struggled to maintain work and hobbies because of back pain. The pain caused me to stop doing things I enjoyed.

If I am not careful my lower back pain can stop my day to day living

My low back pain restricts how much weight I can lift and also causes me to limit my exercise routine.

When spasms occur, it generally lasts 5-7 days with chronic pain and limited mobility

I've dealt with this since my late 20's, & it has affected most parts of my life. It has been a constant in my life. At one point in my life it was so bad, I couldn't stand even stand more than 5 minutes without extreme pain. Everything I've done, & do, has always been affected because of how much, or to be more exact, how little, I could do because of it.

At times I am not able to do things I would like to do such as stand long periods of time or go to the gym.

Was hurting at work and affecting my productivity

Somewhat degrading

When I'm in pain it keeps me from normal daily activities.

Limited ability to lift items, bend over and misc movements.

I run for health/fitness and earlier this year had to stop running due to LBP. It also negatively impacted my sleep.

At times I can't do my normal activities around the house and my work is impacted.

During the peak of my lower back pain, I had to take some time off work (~ 6 weeks). Also, I was unable to mountain and road bike which is something I do often.

I've had 2 low back surgeries. Needed to take extended time off from work after surgery. Although controlled, have back pain which interferes with activities

Please briefly describe the impact that low back pain has had on your life in the box below:

At times debilitating and making life miserable.

It has made it difficult to maintain the same daily routine.

Low back pain kept me from exercising, completing my jobs, and attitude, depression.

For over 10 years, I had chronic lower back pain. I would wake up each morning with low-grade lower back pain. At least once every few months I would have a acute episode of lower back pain that would sometimes require a visit to my primary care doctor or emergency room visit.

Difficult to do daily tasks

It was difficult to perform exercise or sometimes normal activities.

NOt able to do as much

It was problematic, I was hurting my back all the time just had to be very careful, and it stopped me from doing certain activities whenever It would flare up, it definitely had a negative impact on my enjoyment of life.

Low back pain limits my activities. It has made driving, long car rides and long trips by plane or train very uncomfortable and often painful. It limits what I can do in yoga and Pilates classes. In the past it affected my sleep.

I have been a runner / jogger all of my life. A few years ago the pain in my lower back, hips, and knees got so severe that I could no longer run. When that happened I gained 50 lbs. almost overnight. I am still able to walk and so I do that now. I have also been unable to sit or even stand in a single position for more than a few minutes without experiencing pain.

My back pain has been with me a long time and while working I don't feel the pain right away unless I overdo it.

Some days it was not as easy to function as others due to the lower back pain.

Every day I get back pain , the MRI showed that my disks were compressed

Minimal, but always there. My back has been my weak point since all of my lifting in college for athletics.

Had a negative impact on sleep. Painful in bed at night, painful sitting for hours at work.

I was unable to do my job, housework or yard work without the use of muscle relaxers or painkillers.

I had trouble sleeping and sometimes even walking. It was affecting my golf which I love to do. Also love walking and would bend over in pain.

Unable to work effectively and loss of enjoyment of things like gardening and playing with my grandchildren

Severe quality of life impact. I find myself staying away from entertaining or going out with friends and family.

The pain is cyclical. Work related for sure. Plumber for over 40 years

Sciatica pain, pain while doing activities, pain while sitting for long periods of time, etc.

It makes it difficult to walk for an extended distance or get around normally during the day for daily activities. Hard to get comfortable when sitting or lying down too long.

Simple things are more difficult and cause pain like getting up from the floor and rolling in bed.

Please describe your experience of treatment for managing low back pain in the NHS:

In person P.T., medication, Hinge Health, TENS unit

NA (USA)

Steroid shots, pain meds, muscle relaxers, physical therapy.

HH exercises have been extremely helpful and their education about pain neuroscience has helped me to be able to retrain how I think about my pain when it comes on.

Have tried chiropractor and massage- I use paracetamol when needed

For most pain control in the NHS treatment is generally, healthy diet , weight control and paracetamol . However I did have joint replacement of a knee to spite my weight. The back pain is worse since that op too as my exercise has been limited due to an issue caused by the operation outcome.

No help at all

None from NHS private physiotherapy

Physiotherapy

Given core exercises to do

It was not very good. Frustrating most of the time. They usually just mask the pain temporarily with medication or suggest surgical procedures. If physical therapy is implemented, it is extremely cost prohibited. You end up with 15 minutes of physical work outs for \$75.

NSAIDS, foam roller, ice & rest. Used to see Chiropractor but that has been several years ago now.

I was seriously considering knee replacement surgery until I received a notice from Hinge Health about virtual therapy.

Chiropractors, Medicine, exc...

I do daily playlists, or groups of exercises that help me feel less to no pain at all throughout my day.

Hinge Health app/program

x-ray on request recent offer of physio

My lower back pain comes on about 5 mins after I start doing chores

When it passes I forget to tell the doctor etc

Quite good initially but very little since. I now do my own exercises via groups.

Hinge Health program has been outstanding

GP practice has been totally sympathetic, supplies painkillers on request. I have had MRI and CT scans, consultation with a neurosurgeon who decided that surgery was unlikely to help. The local pain management clinic has carried out two RF facet joint nerve ablations with some success.

Poor- GP wants to just give pain killers escalating to stronger and stronger- no other advice or support offered

My back pain has greatly reduced

In January of 2023, I began the low back program with Hinge Health. I did 15-30 minutes of exercise therapy on their app every day. After 3 months, I was able to roller skate and wear heels without pain, something I hadn't done in years. I continued the program for 2 more months and stopped. It has been now 8 months since I first enrolled with Hinge Health and my low back pain is so small that it doesn't get in the way of any activities.

Regular chiropractic visits, using heat/ultrasound therapy on my back to help with inflammation. Hot/cold packs, OTC meds, no or minimal movement

Not applicable

Started with dr visit then pt twice weekly. It helped a bit but didn't last. Went to specialist and received an injection. This was the turning point. Hinge Health then allowed me to take responsibility for my own rehab. I made significant progress with daily virtual pt sessions. I did this for 6 months and consider my back healed. I now use H2 three times a week for wellness.

Please describe your experience of treatment for managing low back pain in the NHS:

Everything from OTC and prescription drugs to "Enzo" electrical current treatment. Exercise therapy, heat, cold packs, stretching, yoga.

Utilizing a virtual treatment program has been amazing because I can utilize it at home and not have to worry about finding childcare

I saw a pain management Dr but she doesn't believe from my MRI that shots would help and sent me to a neurosurgeon. To get a second opinion I needed a fresh MRI. Which even though my primary doctor has tried to get a current MRI approved by insurance it has always been rejected. I have gotten some relief from the digital exercises I do at Hinge Health. It has helped me deal with my pain emotionally also. It's been suggested since my back issues are so problematic that I should also add therapy at a facility.

I have not asked . I took it that it was work related due my job as a nurse on and off for years. I have had acupuncture in the past but thats impractical due to cost. meds are out as i am not allowed nsaid's now i am trying anti inflammatory diets

Since I have started using Hinge Health, my back and hips are stronger. I sleep better.

Exercises, physical therapy and medication

I had an MRI to confirm the diagnosis re the L4/5. I then undertook extensive physical therapy and strengthening to get rid of the numbness and regain strength and flexibility in the low back. I was able to return to tennis doubles and golf on weekends.

Stretching, movement

I am using the Hinge Health app to manage my back pain.

The daily exercises have been very effective in managing my lbp

I've used chiropractic care and physical therapist y in the past and find that my go to for when my issues flare up. I also will keep myself active and stretch daily. I try to strengthen as well to avoid additional injury.

My experience has been good with Hinge

Stretching and strength exercises have helped tremendously

I have been using Hinge Health for a while now and I'm showing improvement

While access to information is available, I never had the willpower to commit and stick to anything long enough to gain benefit until I was presented with the Hinge Health program. Its easy to follow exercise plans, and interactive and engaging nature finally got me to stick with it, and now after just a few months with the program I am so pleased to report that my low back pain is all but eliminated!

Before Hinge Health, I have rested my back from activities that involve bending or twisting, taken over-the-counter pain relievers as well as leftover prescription medications from surgeries such as tooth extractions. Hinge Health was offered during my last year of work and I have utilized it for my back as well as other joints.

Very good program. I have been managing low back pain using NHS program for 15 months. i love the program's stretching exercises.

I joined Hinge Health six months ago doing it 3 to 4 times per week. The routines change weekly which is good. Keep some interesting but my movement is 100% better than what was six months ago.

After doing the Hinge Health online sessions for a couple of weeks, my back pain improved dramatically. Ibuprofen use is pretty much nonexistent. Staying on schedule with the sessions has improved my lower back pain and helped me get back to normal daily activities

The therapists are always with you before, during and after the exercises they prescribe in the application and they are of real good help

Ever since using the program . I'm able move more freely

I do back exercises and stretching a few days a week

My back pain has improved significantly

Please describe your experience of treatment for managing low back pain in the NHS:

I've participated in Hinge Health and when consistent, has strengthened my core to allow for improved mobility.

Enso device and Hinge health recommended stretches have helped manage my pain and get me back on my routine.

Self-guided, bite-size exercises were helpful in promoting routine workouts for long-term treatment.

I've had numerous physical therapy sessions, and numerous steroid injection plus injectable medications that numb pain. I've also used a TENS therapy numerous times.

Ibuprofen for acute pain; online exercises for the past few months with Hinge Health

Immediately after my on the job lower back injury I was seen by medical professionals who performed a MRI exam on my lower back. My L2,3,4 vertebrae had herniations. Through 36 sessions of physical therapy and my employer offering the Hinge Health fitness program I have been able to find complete pain free movement again.

When it was bad enough i would go to the chiropractor for several sessions

The experience has been great. I was doubtful about it but decided what the heck, can't hurt to try it!! I was pretty faithful with the exercises and it made a huge difference!! Have been pain free for a couple months!!

I have been doing exercises via Hinge Health. They are quite targeted and very remarkable. After doing them for a number of weeks I started to feel better and after a number of months my back pain virtually disappeared.

I have seen great improvement thru my online exercises thru hinge health.

Exercises have helped

I initially sought chiropractic care. This provided partial relief that started to become less effective. I had a MRI and tried injections. The relief was extremely temporary. I joined Hinge Health and have found it to be life transforming. The movement therapy has allowed me to resume enjoying activities I haven't been able to do for years

The app has helped alot with my lower back pain.

The Hinge program has reduced my low back pain symptoms significantly. The exercises give me pain relief that lasts several days.

Hinge Health exercise program reduces the occurrence of the spasms

I would see Dr's, go to chiropractic care, take OTC's, use heating pads, & ice packs, & from time to time I did go thru therapy

My experience of treatment for my low back pain is to participate in Hinge Health and to take Aleve or muscle relaxers.

Great program

Stretching verses medications

Using the Health app has allowed me to strengthen my lower back.

Stretching, chiropractic, physical therapy, gym membership, water aerobics, yoga, etc

The Hinge Health program was very effective in relieving my back pain and motivating me to continue to use the program on an ongoing basis.

It has helped me a lot, now only with exercises but understanding pain.

Physiotherapy, along with the use of digital therapy via the "Hinge" app.

Medications Therapy Heat/ice Stretching exercises Rest

Stretching NSAIDS massage gun

I've used pain pills. I started using a chiropractor 20 years ago. Most recently I started Hinge Health.

Please describe your experience of treatment for managing low back pain in the NHS:

I've been doing exercises through the Hinge Health physical therapy program, and that has been extremely beneficial.

I am not in the NHS

When acute, I'd be prescribed pain medicine and muscle relaxants. Often given a handout of exercises that were recommended. Occasionally I would be referred to physiotherapy.

Had lumbar laminectomy done in Jan 2023 and have been using Hinge Health.

Usually through chiropractic or muscle relaxer.

Hinge health has been really good for me

I've been using Hinge Health for many months, and it totally fixed my back, so my physical activities are no longer hindered by my back, my back is strong and I'm able to do all the physical activities. I like to do now it is a fantastic program.

I'm not in NHS. In the US, care for low back pain is not well coordinated and it addresses immediate rather than long term problems. I do have very good insurance. I've seen my personal care doctor, orthopedic specialists, physical therapists, and pain doctors for steroid injections.

I have been doing a program of guided stretching through a program provided by my employer. Over the past several months the pain is much less frequent and much less severe. I now do 30 - 45 minutes daily on an elliptical trainer and walking when the weather permits (I live in Texas where the weather is frequently above 40 degrees Celsius). In so doing I have lost 30 lbs. and once I can get my weight down a little more I intend to start running again.

2012, fused L 4&5. Had about 20 therapy sessions. Take Bayer Back&body. I'm having sessions with Hinge Health now and it is helping.

Have gone to multiple physical therapy sessions.

This has really helped

Hinge health. Working out, stretching, etc.

Virtual physical therapy and ergonomics changes at work have helped.

Before I started Hinge Health, the treatment was medications. Now, it's mostly the Hinge Health exercises, occasionally an ice pack when I overdo yard work.

I went to a couple different chiropractors and also physical therapy. When I started with Hinge Health is when I finally saw a difference.

Used physical therapy and NSAIDs more than I should have, just to get by.

Since the program I have experienced significant improvement. I'm committed to getting my quality of life back. I'm encouraged by the personal contact I have received. The sessions are manageable and I enjoy that I can do the exercises wherever I am. Short of long version.

Have been diagnosed with two extruded herniated discs and stenosis. The consistent stretching and Hinge Health app have been incredibly helpful to me personally.

NHS? National Health Service in the UK? Not Applicable.

Started Hinge Health stretching exercises through the app and walk in the evenings when possible. I do take acetaminophen and use lidocaine patches when pain is intense.

I really enjoy the Hinge program because the exercises are demonstrated and described well, they don't take a lot of time, they progress and I can also modify them depending on my pain and I have the flexibility of doing them around my schedule.

Have you experienced any difficulties in accessing standard care for your low back pain?



If you experienced difficulties in accessing standard care, what were they?

Providers are very busy and booking appointments can take days to weeks.

Waiting too long for physio

Dismissed as 'ageing'

There is a shortage of group exercises and physio in my own area without paying private for it

GP delayed over 12 months before referring me to hospital

I had to be referred to consultant following an mri scan. To be referred to a physio

Having trouble actually seeing my primary doctor. Schedule was always months down the road. Options for NP were the go to. But standard of care was below expectations.

I'm given exercises by physio and osteopath but it's eased a little but exercises also make my back sore

Long wait, referral to a physiotherapist who was well-meaning but lacked specific knowledge.

Delays in getting access to GP

Treatments were limited in scope and required scheduling and limited travel

Long leadtimes for appointments and 60 minute drive time to/from dr office. Also co-pays of \$35 for each visit - and there were many.

Insurance making difficult to have access to some treatments like regular therapy alleging high cost and too many sessions

Just seeing a doctor

My knowledge is limited when it comes to doctors and available health care.

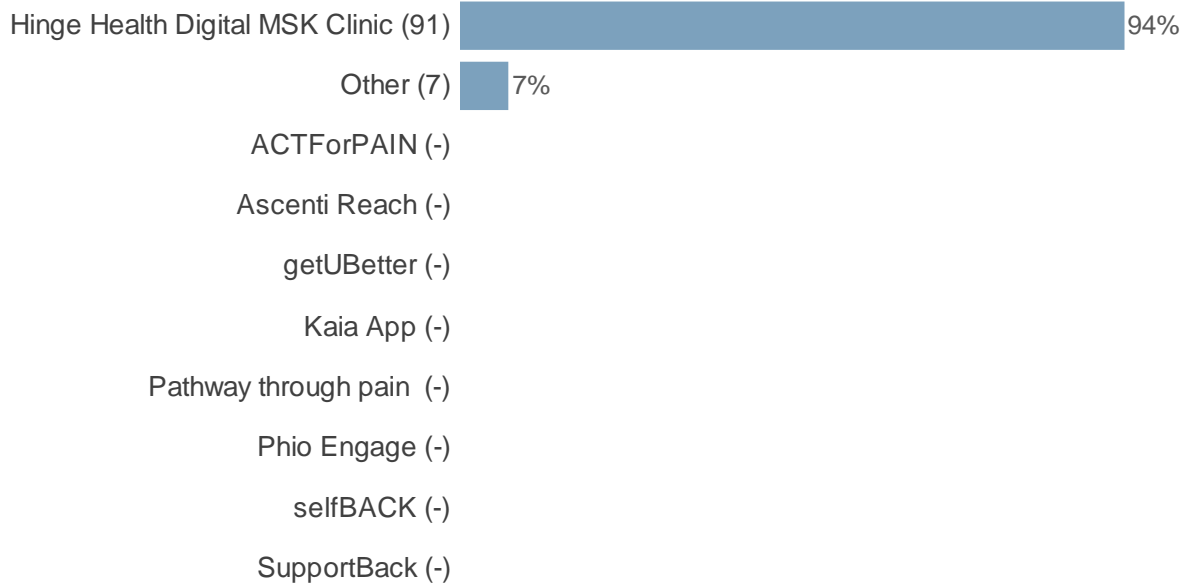
It's such a chronic, ongoing problem—I only see someone when it really flares up.

Unable to do in person physical therapy due to work schedule.

Do you have experience using any digital technology for managing low back?



Which of these digital technologies for managing low back pain have you used



Please specify:

Hinge health Enso

Exercises via email from the hospital.

Yoga classes recommended by Arthritis Action.

Hinge health

I have a portable tens unit and will use OTC pain reliever ointments. I also use a foam roller. I utilize the PT therapy available through the Hinge Health app.

Hinge Health

Hinge Health stretching / yoga / exercise program.

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

The exercises in the digital program are easy to follow & gradually provide more challenging exercises. When you finish the outlined programs (40) weeks, you can access any of the programs that were previously completed & choose the ones that you want to do.

The digital therapy allows exercise on my schedule and in my home. When I have had to skip sessions and I can tell the difference in how I feel and how difficult the exercise is after missing. Support via text has been outstanding.

I think Hinge has helped me to be more proactive rather than reactive to my condition.

Hinge has helped immensely. Because I am stronger overall, I am experiencing less noticeable pain. The therapists listen to my concerns and communicate well.

It helps with my lower back pain making it easier to move and enjoy life.

My symptoms are little to none since using Hinge Health

Hinge health is truly inspiring and helpful!

It has made a significant positive change. As a result of the program, I can walk without pain and my muscles in my lower back are more flexible and stronger

It's been beneficial in getting me to regularly do exercises to strengthen my back and increase flexibility

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

It's been great help in stretching and strengthening problem areas

Doing Hinge Health over the past year has helped me to manage my lower back pain. It has helped me to sleep better and do more physical activities.

Hinge Health exercises are gentle and easy to do, so they fit into my schedule really well. I can log in anytime my back hurts and find a few exercises to do, which generally helps significantly vs. just doing my normal stretching routine.

It has helped my pain and quality of life

A lot of the workouts and stretches keep me pretty pain free.

Using Hinge Health has been extremely user friendly and helpful. Although I still have back spasms, they are less frequent and less painful.

Through this program I've learned how to maintain proper form using the sensors, continued the program even when traveling and vacation. The educational articles have enlightened my awareness of so many different things that cause or subdues my pain, mindfulness, healthy eating and flare up handling

It has helped with motivating me to continue stretching and exercising.

I've been using Hinge for three months now. The commitment of completing a set of stretches everyday resulted in the severity of my back pain. It also helped me recover in record time from a flare up.

Hinge Health has been very beneficial, easy to access and use on any schedule . Exercises are effective and set up to support individual treatment. I've request chafe in exercises several times, due to new pain, injuries etc. these exercises are usually added or changed with in 24 hours.

The Hinge Health exercises and education have helped me to learn about what chronic pain is and how to manage it. It's helped me to rethink and retrain how I react and treat myself and that's helped to reduce my pain a lot. The exercises are extremely helpful as well!

You reap what you put into it. The program takes time but you start feeling better weekly as the program progresses. The coach support addresses anything unusual that may come up or just to support your mindset in this long term process.

I love Hinge Health, 20 minutes a day greatly improves flexibility and balance.

I have gone from having low back pain on a daily basis to having virtually no low back pain at all on a daily basis. My quality of life has improved drastically.

It is important to help me do physical therapy exercises on a regular basis.

Not too bad but I miss the face to face approach and I am conscious of the fact that I am one of many people.

considerable improvement in mobility.

It has greatly reduced my pain and I'm continuing to use it to continue to get better

It reduced my symptoms by more than 70% within 3 months. 10 years of seeing many doctors and PT visits and a lot of pain and nothing helped as much as Hinge health.

Hinge has been AMAZING. I do my exercises nearly every day and I've noticed a big difference for the two months I've been using the Hinge program. I am SO grateful that I signed up for it. It's helped to solidify that daily movement and stretching, even for 10 minutes, does really make a difference. I look forward to my exercises because they do really help. I love that it switches up the exercises regularly and doesn't get monotonous. Helps me work on strengthening and stretching different areas of my body. It makes me feel really good knowing I have specific exercises I can do to help me, whether it's maintenance or a flare up or pain. They immediately help with stiffness after sleeping. When I need to take a break from sitting at my desk, I will do an exercise from my playlists.

Very positive experience. Flexible schedule, no travel requirement, and my back and neck have improved significantly. Episodes of pain are shorter in duration and occur less frequently.

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

Huge improvement! I believe H2 is the key to the improved quality of life I now enjoy.

My experience with Hinge Health has been exceptional. I complete the knee program and started the back program in the past several months. It has helped me target these areas to reduce inflammation and pain, and enhance movement, allowing me to participate in many activities I love. The coaching staff and technology are excellent, as well as the available resources. I hope to continue Hinge Health as long as I am associate with my current employer and would consider it after retirement as well.

It has helped my back pain tremendously. I am able to easily hop on and do exercises and utilize the pain management device to help decrease pain. I find it as much easier to pick up my kids now

I feel like Hinge Health has been very helpful to helping me deal with my pain and get some relief from my pain.

I feel great. I'm able to sleep all night. No pain to stop me from daily activities. I've also learned great practices to deal with the pain if it should return.

The exercises are very comprehensive and their coaches are very intelligent and supportive. The sensors help to make sure I'm doing the exercises correctly

Shortly after retiring from RAND Corporation, I routinely began using the Hinge Health program's using their app and accessories. It has been a valuable addition to my tools for keeping my back healthy- allowing me to stay active.

My back pain has decreased significantly since I started using the Hinge Health app.

The exercises are easy to do at home and as long as I complete them at least 3x per week, it alleviates any pain

This has been helpful during flare ups but more recently I find that using a foam roller and getting up from my work area is needed to avoid continued stiffness and pain from inactivity. The PT from Hinge Health also helps with when the pain persists and requires more.

I have had much better range of motion. Much more confidence using my back since joining the program

I've been using Hinge Health and my pain is completely gone most days. It comes back sometimes when I do strenuous activities, but I always feel better again after I do my Hinge Health exercises.

The exercises in my hinge health plan are making a huge difference in my life and my team is very helpful

As previously stated, I genuinely love the Hinge Health program and anticipate using it for years to come. It is the first program that was interactive and engaging enough to get me to commit to it, and the effects have been dramatic. After suffering for years with low back pain, I am pleased to report that after just a few months with this program I am 99% pain free!

I started using Hinge Health for shoulder and knee pain as both have had surgeries for ligament and cartilage damage. I switched to their back program as both my shoulders and knees had become stronger and had great reduction in pain, and my increased golf "habit" had effected my back pain. I had the same results after completing the back program and switched back to the shoulder program that I am currently utilizing for an extreme case of tennis elbow.

Daily Playlists are a great source for exercising and stretching low back. I have had great success.

Working with windchill of the program is designed and shows me how much I should bend and move in the program. The program is very easily adjusted to my needs.

The Hinge Health low back program is easy to follow, and takes less than a half hour per session. I was very surprised by the benefit received for the effort involved doing a session

They make it easy to access the therapy that you can do at home by yourself and I have improved my physical performance.

It's fun and a great way hanits

They are sensors that guide me during exercise

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

It has improved my quality of life and I am able to do things I wasn't able to 6 months ago

I've participated in Hinge Health for ~9 months and when consistent, has strengthened my core to allow for improved mobility.

I have enso device from Hinge to manage pain to make situation tolerable. Similarly, hinge stretches have been immensely helpful in reducing pain and getting me back to my day to day activities and work.

Self-guided, bite-size exercises encourages a healthy habit of routine workouts for long-term treatment.

This has been the best solution I've experienced for helping with low back pain. It has helped me immensely.

Helpful, responsive to texts or emails; a personal health coach who takes my concerns seriously. Improved quality. Went on a five day backpacking trip with a 27 lb pack after 3 months of the programmed exercises

Since I have been enrolled with the Hinge Health care program for about 5 months I've experienced wonderful care and coaching advice from their staff. Coach Kimberley Plancich has been terrific in keeping me motivated by her coaching skills as well as offering her guidance on what's available for me to try with the exercise sessions.

Hinge leads me through various stretching and strength exercises in addition to ongoing support and encouragement from their staff.

It's been great! Like that it's on my time and hinge has been very helpful!

The technology works very well. Have never had any issues. And because you can do it via a tablet or an app on your phone you can even do it while traveling.

I did daily stretching exercises thru Hinge Health and even seen great improvement

Helped with pain gradually

The exercises started with simple and easy steps. It progressed to more advanced stretch and medium strength aerobics. It has been a life changing experience. I would recommend it as an alternative for anyone looking for treatment for chronic pain.

The hinge pt app has helped with my pain immensely. I use to have bad pain in my lower back because of repetitive movements at my job. Now the pain is not as often.

The Hinge exercise program has significantly reduced the frequency of my low back pain and helped ease sciatic nerve impingement.

Reduces the number of yearly spasm episodes if I regularly practice the exercises

I absolutely LOVE using Hinge Health! It was offered thru my husband's work, so i started using it. I took advantage of it, & have been using it 2-4 times a week & LOVE it! I love the experience, the exercises, the one on one with the coaches, & the informative stories & information that is offered at the end of each session! I learn so much!!!

The program has improved my mobility and reduced pain

I used the app consistently for 6 months and felt amazing with no pain.

Consistency of stretching and strengthening has improved my ability to move and has improved my balance and strength.

The digital stretch / exercise bands are effective to ensure I gradually increase stretching range of motion and monitoring my progress.

I've used this technology for 9 months. The reminders and check ins from my coach have helped me be consistent with my exercise. The educational component has been very helpful as well. I love the fact that I can reach out to my coach or physical therapist whenever I need to. Since I started my back has felt great. I have not had any flares that have caused me to change my routine at home nor have I missed any work or even adjusted my schedule.

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

Excellent experience with the Hinge app! The therapist (Kelli) has been extremely responsive and supportive, and has helped me develop custom workouts.

It's been quite beneficial in improving my endurance and managing pain

My back pain is much less since starting Hinge health

It has greatly improved my back issues. Incidents have decreased significantly and the severity has reduced also.

It has been extremely beneficial and very convenient.

Hinge Health has helped me in multiple ways. One, it got me started working on an understanding my back pain. Two, their gentle, but persistent approach kept me from dropping out and really encouraged me to move forward and not feel negative or shamed. Three, I have done Hinge Health for a year now and I seldom have or I can manage my back pain. Four, I have now lost almost 27 kilos which has lowered my blood pressure, my blood sugar, and has greatly diminished my depression. Five I can do things now that I couldn't do three years ago.

Life changing! In February 2023 I started the Hinge Health program and within several weeks I noticed I was waking without any lower back pain. The results have been absolutely amazing to me.

I love Hinge health. The programs and exercises are tailored to me. I can do it at my own pace and receive motivation from my health coach.

Works really well

Hinge health has been absolutely awesome, it's a complete lifesaver. I started doing it when my back got so severe, and my sciatic pain was very debilitating, and Health totally fixed my back, and I do it every day now religiously and my back feels great, I would recommend it to anyone and everyone.

This works well for me. It is convenient and I'm not tied to a class where my physical limitations are embarrassing. I would still go to a doctor and physical therapist for bad flare ups. I like the coach combined with access to a physical therapist although there's a significant limit to what a PT can do online. I like that it is continuing, ongoing program aimed at strengthening and making me more flexible rather than a short term treatment. This is very different.

The pain is now not as often and not as severe. It has allowed me to resume working out. In so doing I have lost 30 lbs. I may even be able to begin running again.

I exercise 3 times a week with Hinge Health and it is helping.

Hinge health is outstanding! The exercises are effective and the sessions build on each other in levels of difficulty.

This has helped me more than anything

It's been a very convenient way for me to perform exercises at my convenience up to daily.

Hinge has been easy to use and integrated well with my existing exercise routines. My back pain is pretty much completely gone.

Before I was in pain 24/7. Now I rarely have pain. I can vacuum, sweep and mop my house. I can mow my grass again.

The technology is the only thing I have found that made it better. The stretching exercises are great. I do them anywhere now that I have learned them.

Using hinge health has made a huge difference in my life. I am able to garden again and enjoy activities with my grandchildren. I have gained strength in my legs that has been missing for the last 4 years

I love the ease of the system. Length of the exercises. I can change them if needed. Support from the staff. And the variety of exercises based on my needs.

As noted above, app has been greatly beneficial. Also allows me to access at my schedule

Please describe your experience with using the technology you have selected, making reference to the effect it has had on your symptoms and quality of life:

Hinge Health has improved my pain. I've went to physical therapy before for low back pain, but it was cost prohibitive, and I had to take time off from work for the appointments, so I never stuck with in person physical therapy long enough to see improvement.

I have a Hinge Health Coach who supports and inspires me. This keeps me motivated and moving even when I don't want to. The rewards in the app are motivating as well. My back pain ALWAYS improves after completing an exercise session.

Doing the Hinge program for six weeks now has not increased my LBP, and occasionally I'll have a bad day depending on the other activities I do. I believe the exercises are really helping stretch my muscles so that I can do more. I like how the exercises progress week by week and the supplemental readings about pain have been very helpful and encouraging. I love the flexibility of the digital technology and my Health Coach is a great support and answers my questions promptly.

Would you use this technology again?



Please explain why you would use this technology again

Ease of program which allows you references of all completed exercises along with relevant articles to provide insight into managing your pain. The support of the clinical team is excellent!

Convenience and effective results. Low cost is also a plus.

I think it helps and I like it.

I am currently doing Hinge for shoulder, neck, and back pain. If I stop, I know the pain that's been eliminated will recur. This program encourages me to keep working.

It helps with the pain.

It's helped with my back pain. It's helped me relax and when doing my fitness class I've noticed I'm more flexible and have better stamina

I still use it at least 5 times per week.

It motivates me with the timer, coaching, and doing the exercises watching someone doing them with me. The coaching is exceptional

It's convenient and easy to use. I can access via tablet or my phone

It's practice is easy and simple to follow

When I do my Hinging, I have noticeable improvement.

I use the app at least a few times per week for my back and other pain

Because it has proven to be effective

It keeps me motivated.

It was easy to use and I could do the exercises on my schedule.

I saw firsthand results and I had tried medication, injections and rest which did not produce the results

On my own I don't keep up with regular exercise, H.H. has helped tremendously with this. Due extreme pain from resulting infection I felt need to use dual in office P.T. and home program.

I'll keep using it while it's available because it increased my quality of life.

Please explain why you would use this technology again

It's easy to use, they keep exercises new and injury specific. You're able to receive input on performance of exercises, they have parameter of achievement set up, but you can also reduce these levels if they are too hard for you!. Your Coaches are helpful to the levels you request, they are supportive without being bothersome!!

It's changed my life!

For one, it helps. I have always been a physically active person, so this type of physical therapy was already in my wheel house. Also, it wasn't cost prohibited and didn't take me down a surgical pathway with tons of future risks.

I love the simplicity of the program and the occasional touches by the team.

I would use this technology again because of the effect it had on my low back pain symptoms; it virtually eliminated my low back pain symptoms.

Helps me manage my pain through movement

Only if there was nothing else available.

I would value further sessions.

It's a great program I was skeptical at first but it truly works

It works!!!! It is amazing. It took some time. It is not an easy fix. I had to do the exercises everyday for 2 months before I really started feeling better. By 3 months I could do more activities without pain.

The app does all the thinking for you. What exercises to do that are specific to your pain, how long to do them, and it even counts reps for you AND how long to hold each rep. It's 100% fool proof and can't get any easier. They do all the hard work for you and even provide learnings and knowledge sharing on pain management and how to change your mindset. I love that it changes your exercises regularly and can also substitute out exercise, which is great. I've never used an exercise app that's this easy to use. It's amazing.

It is very effective

I now know it to be extremely effective as well as affordable and convenient.

It works. It is always changing and growing. Personal, customizable client attention.

I don't have to worry about finding someone to watch my kids if I wanted to go into an office to do physical therapy

I think it's been a positive experience. Sometimes the exercises have given me a lot of relief, it's gotten me in to the habit of moving and stretching. It can be depressing having pain as I like to be active and my coach is very positive and motivating. It's very convenient being able to do my therapy at home also. I get plenty of instruction so I feel like I do my exercises correctly. If I need a different kind of exercise to help with a certain type of pain(sciatica for instance)my coach will send exercises to help with that. My coach encourages me to also do things that are good for my mental health like having fun.

It has helped me so much. I cannot imagine stopping.

It was very effective and low cost

The app provides customized, easy to use guided exercises focused on keeping the back healthy. I have found it very beneficial.

The app has helped me with my back pain.

Simple to do at home, effective in controlling pain, builds strength and flexibility

It's proven to relieve the pain in the past.

Above reasons

It works!!!!

I am still using this and plan on continuing using Hinge Health

It is really engaging and motivating. The exercises change regularly, the feedback from the wireless sensors ensure I am performing them correctly, and the impact is dramatic.

Please explain why you would use this technology again

I've utilized the Hinge Health program for three different joint areas and it has greatly reduced the amount of pain in each of those areas when actively completing the focused routines.

It is easy to use in the comfort of my home. It saves time and money through non-office visits to therapists.

I enjoy having a program at home through the Hinge Health app. I want to be able to tell my doctor in my physical all the things that I've done. And what my symptoms are having a technology at home, makes it that much easier to come up with solutions to my health

Plain and simple, it works!

Because it really helps to relief my pain and allow me to move easier while doing physical chores

It easy

It has been a lifesaver in motivation, knowledge, and support

I keep getting better and now function with no back pain

Hinge Health is convenient, easy to use where ever I am and inexpensive.

It has set of stretches to build long term habits and enso device provided immediate pain relief.

Effective.

It has been very beneficial to me.

20-30 min a day in my own living room with an improved back, better balance and improved strength

The Hinge Health system is great. Having the provided exercise mat, stretch bands, body sensors, Lenovo tablet and the excellent coaching staff this makes this program very enjoyable and beneficial to my overall health. I tell so many of my co workers about the program and its benefits to your wellbeing.

Im no longer afraid to move, on days i feel my back tightening up i log in to the app and do extra sessions til I feel good enough to resume the normal scheduled sessions

Easy to access no matter where you are!

It is very adaptable, and very easy to use

Clear program to follow with feedback and updates in my own home.

Gentle exercises that are helping

It has been the most effective of all treatment options I have tried.

It helps keep the lower back pain to a minimum.

Convenient and effective

As explained above, I not only am gaining my strength thru the exercises, but I'm gaining knowledge thru the stories & information that is offered! I also get information from my coach as well! Also, being able to ask my coach questions is SO wonderful!!! It really is an extraordinary tool!!!

A very simple to follow Plan that has had positive outcomes

It helps the issue

Easy accessibility, guided and progressive therapy to continue to improve strength and reduce pain.

It was and continues to be very effective in relieving my back pain.

I the workouts are flexible and I can adjust them as needed, or ask my coach or physical therapist for advice or modifications. Is I wear the sensors I get immediate feedback on it I am exercising correctly.

Easy access, good results.

Exercises are easy to do with videos and are modifiable The coaching support is great

It has been instrumental in helping me go about my daily activities without being unable to move and in tears after yard work or cooking meals.

It helps and it's easy to use.

Please explain why you would use this technology again

The technology is easy to use while being effective. The staff are very encouraging and have been tremendously helpful and answered any questions that I've had. The phone conferences to help me with technique have been especially useful.

It works! Minimal effort on my part that gets results. I've never experienced any "treatment" for my lower back pain that was so effective long term.

It works. I haven't had significant pain in months.

Consistent patterns

Because it fixed my injured back and it is maintained my back, so it is not getting injured again. It's completely improved my quality of life. Like I said, I would recommend Hing health to everyone.

For all the reasons above. It seems to be working.

It has helped tremendously with my back pain.

Because it helps.

I am currently using this technology to maintain my back health. The exercises help to keep my back strong.

The more I use it the better I feel

Convenience and effectiveness.

I am using Hinge again for neck/shoulder pain. I work 10 hour days at a desk with no lunch break or breaks. Hinge helps me focus on tense area to manage/prevent chronic pain.

The exercises have allowed me to maintain a normal life without medication. The articles are very insightful in explaining how my attitude and brain has affected my pain.

Because it works. It is good that I have a coach also and they can modify the program for my needs.

I will use this forever if it keeps improving my ability to function without pain!!! I am feeling better that I have in 10 years and gaining confidence that this will be my new normal (without pain)

For the reasons listed above. Love the ease, flexibility, staff support

See above. Very flexible scheduling and easy to access

Hinge Health has improved my pain. I've went to physical therapy before for low back pain, but it was cost prohibitive, and I had to take time off from work for the appointments, so I never stuck with in person physical therapy long enough to see improvement.

Quite simply, I see results!

The exercises are demonstrated well and I can modify them if need be. I love the flexibility of the program so I can do my exercises whenever it fits in my schedule and even multiple times. I also enjoy the prompt feedback from my Health Coach.

Would you consider using digital technology for managing low back pain?



Please explain why you would consider using a digital technology for managing low back pain

Because I use Hinge health a digital format for exercise

Very keen to use anything that could help

I would consider it because massage beds , chairs, and heat belts are known to help as are heat pads. So why not try other external methods for relief of pain and maybe improve the muscle tone to support the weakened back.

would be interested in knowing what it entails

Not sure what kind of digital technology you mean

If it were exercise videos I would do them at home following a video

My virtual Physical Therapy sessions have really been a blessing to me. Also, my ENSO device is a great complement to my physical therapy sessions as well. I have an outstanding Hinge Health Care Team that is just a text away from assisting me. I don't have to travel to a facility to get therapy, or wait two(2) months for a doctor visit.

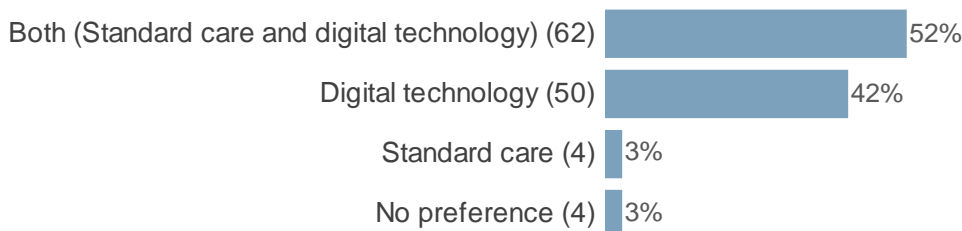
The way of the future.

If it helps, why not?

I love it with hinge

I'm will to try anything that will help.

In the future would you prefer to use standard care (e.g., group exercises, physiotherapy sessions, medication) or digital technology for managing your low back pain?



Please feel free to add additional information about your experience in the box below

I'm so glad that my husband told me Abt the Hinge Health program!

The digital product is offered as part of my health insurance coverage.

I also like having a coach I can reach out to, if needed.

I appreciate how the Hinge personnel constantly offer encouragement. Before I started the program, they did a very thorough questionnaire and I felt confident to work with them.

Hinge health is amazing so glad it's offered by our insurance. I would highly recommend.

I like how the Hinge experts check in on your progress and encourage you to continue with confidence 😊

I highly recommend the hinge health app to anyone!

Hinge Health with its coaching and feedback can help anyone with low back pain and pain in other parts of the body. It is excellent

In addition to the exercises on the app, Hinge also includes a coaching team to support and sends reminders

Please feel free to add additional information about your experience in the box below

Using the Hinge health app has made a huge difference for my lower back pain.

Having daily access to a good health coach is priceless. Having modifications and education along the way are such added benefits

I was skeptic at first but it really helps. Of course conventional exercises also work. What's different with digital tools is the video game-style commitment that imparts. It also makes it easier for the patient to work on variations and to have feedback about intensity or number of repetitions for each exercise.

The coaches at Hinge are great!! They align the exercises to have a positive impact on your injury! They encourage without being pushy!!

It seems when I ask for help, nobody hears me

The pain in my lower back is when i stand for long time if i sit doen the back pain goes my main concern is it effects how far i can walk usually about 1/2 a mile

The online therapy system is something I will try to do for life to avoid as many surgeries as possible while staying as active as possible into old age.

Balance has improved, feel like I am running taller and back pain has greatly diminished.

Movement is Medicine. Why have surgery when you can receive physical therapy instead.

Hinge has decreased my low back pain from moderate to tolerable in just one month

do not understand about digital tech or how it might help

I have now joined Arthritis Action UK who appear to offer everything for me.

Hinge Health program was instrumental in improving my low back pain issues. I found The combination of exercises and education to be very valuable and effective

Hinge health is a great program I highly recommend it

I invite you to contact me for a phone interview. I would love to share my experience further. My cell is 859-582-5374. My name is Mike. I believe my story could be useful to your research.

I think even though I still have some back pain, I feel like I have benefited a lot from my experience with digital health care at Hinge Health. It's been a positive experience.

I have not been offered this rx as yet

I had never used digital technology before Hinge Health, but I've really enjoyed the experience!

I have recommended Hinge Health to many coworkers. It has made a big difference in my everyday routine.

My Hinge Health Care team is always there for me and very quick to reply to my questions

I really cannot say enough good things about Hinge Health and have successfully recommended it to several of my friends and work mates. It is so well designed, and the impact on my back pain makes me willing to keep at it. Exercising at home is usually a losing battle, but this makes me feel like I have a coach there everyday to ensure I see it through. I am so happy to have found this.

It's obvious to me that the routines developed by Hinge Health are effective because they have helped greatly reduce pain in the specifically targeted areas of my shoulders, knees, and back when I am doing the routines. Also, when I stop doing one specific routine to focus on another area, the pain eventually returns to the original area because I'm no longer doing the Hinge routines for that area.

Program is great for at home physical therapy.

Getting off daily use of NSAIDS and avoiding the cost and time involved with traditional medical treatments has been wonderful

They really push you hard, in a good way, to do your exercises and are always a phone call or text away to help you with any questions or doubts that you may have. In addition to that they are kind of personal motivators.

N:":/9

Please feel free to add additional information about your experience in the box below

Hinge health is amazing and the support from their team is outstanding

My experience utilizing Hinge Health has been both a learning experience and physically beneficial. I hope to continue on an extended program.

I highly recommend the Hinge program. It has been excellent for me and helped tremendously.

I was just doing this to support my husband in the beginning but it has been effective for us both. Great encouragement and support from my health coach.

I personally love the experience with the Hinge Health care program. My care coach Kimberley Plancich has always given me challenges and advice on how to improve my health and fitness. She is absolutely the most caring person that I have had the pleasure of becoming acquainted with. Dr. Cait Shaw, PT, DPT has provided me with relevant exercises to help strengthen my lower back muscles as well as add in flexibility to my lower spine. I am extremely grateful for both of these fine care team members at Hinge Health.

Hinge Health has made a huge difference.

Hinge Health has been an absolute lifesaver. I do not have time to takeoff of work to go to a group session, and in the evenings those are filled with taking care of kids and grandchildren. Being able to do it digitally allows me to do it on MyTime And gives me as good of results as physically being in an office.

I highly recommend the Hinge Health program from my personal experience. Thanks

Hinge exercises are helping manage pain with consistent use

I would VERY MUCH like to continue using the Hinge Health tool to have at my fingertips. I can use when i want, when I CAN, as often as I can. I just can't say enough about it!!! Please please continue this wonderful, & invaluable tool! It has changed my life!!!

Progress and pain reduction is an important part of this process.

Support by a coach and access to a physical therapist have been helpful as well.

The coaches, physical therapists, and tech support in the Hinge program have all been very helpful as well.

Using the digital technology is personal because of the coach and physical therapist, but yet I can donut on my own time and in my own home. That has allowed me to be very consistent with my workouts.

I've been doing the Hinge program for over 1.5 years and continue to benefit from it

Digital therapy lets me do it when it is convenient for me. I like the results. It has given me my life back.

Digital PT had its advantages and disadvantages, it's convenient and easy to use, but sometimes it's hard to stay on track.

I really can't express the degree to which my chronic lower back pain has nearly been eliminated by using the Hinge Health program. I have been very surprised at how little I have had to do (3x per week for approximately 15-20 minutes) to experience dramatic improvement to my condition. I have two bulging discs in my lower back so I know to be careful. This program has made a dramatic improvement to my quality of life.

Hinge Health has been extremely successful for me. I highly recommend it.

I wish there were options to do exercises for a somewhat longer session. Sometimes, on some exercises, I cannot align my body with what the sensors want.

My coach stays in constant contact with me. She monitors my progress and makes recommendations for alternate exercises. Many times she is my conscience and goes out of her way to keep me motivated.

Meghan Schoelch has been a great health coach along my journey. I'd highly recommend her!

Please feel free to add additional information about your experience in the box below

My Hinge health coach has been incredibly supportive and is an integral part of my success in this program.

I like that I can take this program with me when I travel and can do it on my schedule. Don't need to waste my life going to chiropractor and physical therapy.

I am so happy with my results and hope to even get better!

I'm super excited and grateful that I found the program and encouraged about the growth.

Nothing to add at this time

I very much recommend Hinge Health!

I love using Hinge Health app and my coach is great!

I think the digital technology is awesome to begin an exercise routine and make it a habit so that the pain doesn't get worse. I would much rather make a healthy life change than take medication or have surgery. My doctor only offered medication when I told him about my LBP and said "it's just arthritis and part of getting older". I don't accept that I need to live with back pain for the rest of my life.