The State of MSK Care 2024

Spotlight on: health care

Industry-specific insights from Hinge Health's independent survey of 10,000 Americans in musculoskeletal (MSK) pain



Data at a glance



78% of survey respondents report they are looking for nonsurgical options to treat their MSK pain

15% say they don't feel in control of their pain



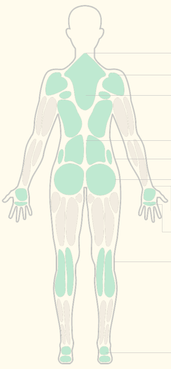
27% indicate that pain decreases their productivity at work



28% indicate they do not fully understand the benefits offered to them

47% say their pain makes them more anxious

Where healthcare employees are experiencing pain



- 30% Neck
- 27% Shoulders
- 24% Upper back
- 42% Lower back
- 18% Hip
- 8% Pelvic region
- 17% Wrist
- 19% Hand
- 25% Knee
- 21% Foot

Percentage of people who are currently experiencing or have experienced pain or other health issues related to the listed areas of the body in the past 12 months



About **3 in 10** say pain has decreased productivity at work

Employees want to avoid surgery + drugs



78% say they want an option that doesn't require surgery



57% say they want an option that doesn't involve drugs





Pain rarely exists in isolation







Percentage who are currently experiencing or have experienced these conditions in the past 12 months

Pain is a mental health issue

"My pain makes me feel..."

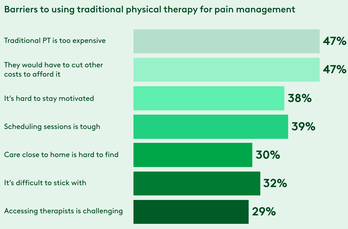
- **47%** Anxious
- **40%** Depressed
- **31%** Isolated
- **29%** Lonely
- **27%** Hopeless

Percentage of people who indicate they agree/strongly agree with the above statements

Physical therapy (PT) is underutilized

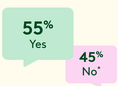
Only **31%** of healthcare employees use PT

Barriers to using traditional physical therapy for pain management

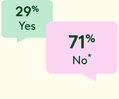


Employees' impressions of employer-provided health benefits

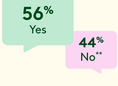
I understand all my health benefits



I use all the health benefits offered to me



I am satisfied with my health benefits for MSK pain



*No/not sure. **No/neutral.



73% of healthcare employees are somewhat to completely open to trying a digital physical therapy platform

Download the full State of MSK Care 2024 Report

Or **contact us** to learn more about how we are transforming the way pain is treated.

www.hingehealth.com

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