The State of MSK Care 2024

Spotlight on: transportation and logistics

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



Data at a glance



75% of survey respondents report they are looking for nonsurgical options to treat their MSK pain

16% say they don't feel in control of their pain



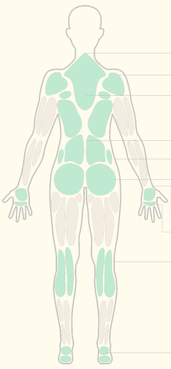
36% indicate that pain decreases their productivity at work



23% indicate they do not fully understand the benefits offered to them

50% say their pain makes them more anxious

Where transportation and logistics employees are experiencing pain



- 28% Neck
- 27% Shoulders
- 26% Upper back
- 45% Lower back
- 18% Hip
- 10% Pelvic region
- 17% Wrist
- 20% Hand
- 31% Knee
- 24% 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 **4 in 10** say pain has decreased productivity at work

Employees want to avoid surgery + drugs



75% say they want an option that doesn't require surgery



56% 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..."

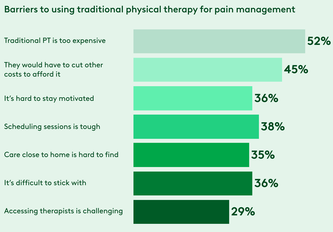
- **50%** Anxious
- **42%** Depressed
- **38%** Isolated
- **34%** Lonely
- **31%** Hopeless

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

Physical therapy (PT) is underutilized

Only **31%** of transportation and logistics employees use PT

Barriers to using traditional physical therapy for pain management



Some employees still don't understand their benefits, and most don't use them

I understand all my health benefits
- 62% Yes
- 38% No*

I use all the health benefits offered to me
- 37% Yes
- 63% No*

I am satisfied with my health benefits for MSK pain
- 60% Yes
- 40% No**

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



75% of transportation and logistics 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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