

Relieving Chronic Pain in a Diverse Workforce

Manatee County – Government case study

Fearing Pain

Tracie is a 52 year old Human Services Program Manager at Manatee County. Sitting at her desk all day, she began to experience knee pain 4 years ago. Her orthopedic specialist diagnosed her with osteoarthritis. He withdrew fluid, injected cortisone, and advised her to avoid things like walking up stairs. She began to avoid activity but the pain persisted until she was taking 8 ibuprofen a day.

Movement is Medicine

Tracie's husband was on the Hinge Health back program and encouraged her to try the knee program. She was worried that the exercises would hurt, but her health coach helped her create small, achievable goals, and she learned that movement helped pain. Tracie can now move without fear. She confidently works out her lower body at the gym, and was inspired to start a nutrition program. She can't even remember the last time she took ibuprofen.



“ No way I could've walked 7,500 steps before. Now I'm walking 10,000 steps and I've lost 17lbs.

Tracy A.
Knee program user



Industry: Government

Covered Lives: 7,000

Musculoskeletal (MSK) Challenges:

- Dispersed workforce across 60 worksites
- Diverse workforce with 50% public works employees (manual/field)
- MSK spend a top 3 cost driver
- Bus drivers, in particular, had high absenteeism

Ensuring an Engaged Workforce

For a highly dispersed and diverse workforce, Hinge Health’s digital solution delivered all 3 pillars of best-practice back and joint pain care to keep them healthy and productive in their long-tenured jobs:

1. Exercise therapy guided by wearable sensors
2. Behavioral health support with 1-on-1 coaching
3. A complete educational curriculum

“ We wanted to create an environment where the best choice was the easiest choice.”

Kim Stroud
Employee Benefits Manager

Life-Changing Outcomes



↓ **73%**
reduction in pain

↓ **78%**

reduction anxiety



↓ **44%**
reduction in lost work days

2 out of 3

surgeries AVOIDED



See a demo of the Hinge Health program

www.hingehealth.com/overview-government