



# Musculoskeletal care for pelvic floor disorders

Hinge Health is setting a new standard for nationally accessible and clinically validated pelvic healthcare



## A common musculoskeletal condition, overlooked and underserved by the healthcare system

One in four women has a pelvic floor disorder. Most women don't receive treatment due to a lack of awareness, stigma, and inadequate access to pelvic floor physical therapists resulting in an average of more than six years before receiving care for certain conditions.



**1 in 4**

women has a pelvic floor disorder<sup>1</sup>

On average women wait **6.5 years** to seek care<sup>2</sup>

## Care for the unique musculoskeletal needs of women

The Women's Pelvic Health pathway supports women at all stages of life, including pregnancy, postpartum, and menopause when pelvic disorders are most common. Care is provided for the full continuum of pelvic floor disorders, including:

- Urinary incontinence
- Bladder & bowel disorders
- Pelvic organ prolapse
- Pelvic pain
- Diastasis recti
- Sexual dysfunction

Sources: <sup>1</sup>The epidemiology of pelvic floor disorders and childbirth: an update <https://pubmed.ncbi.nlm.nih.gov/34261109/>. <sup>2</sup>Continence Promotion, Education & Primary Prevention.



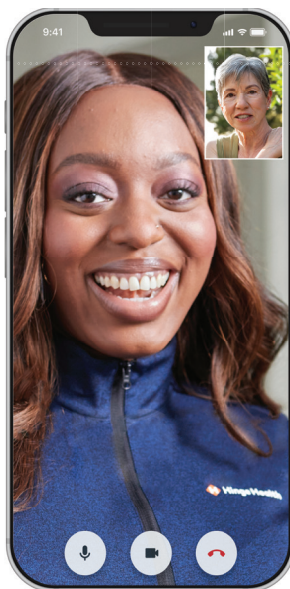
## The Women's Pelvic Health member experience includes:

**Comprehensive care team** integrates same-day video visits with highly trained pelvic floor physical therapists who customize digital exercise programs, women's health coaches to spur lifestyle modifications, and urogynecologists to support care escalations.

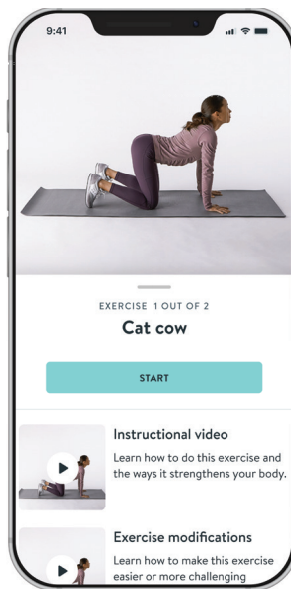
**Single platform delivers all MSK care** which enables unprecedented flexibility to coordinate care for pelvic health and common co-occurring MSK conditions, such as hip and back.

**Pelvic health education** integrated into all Hinge Health programs increases awareness, tackles stigma, and ensures members receive the care they need sooner.

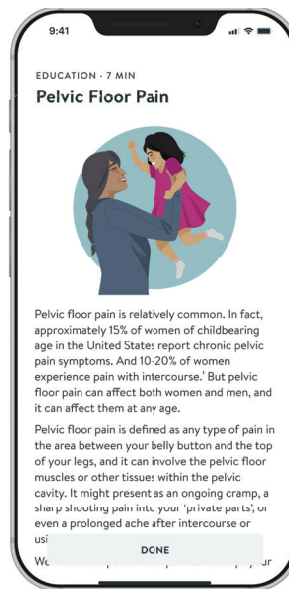
**Proactive identification of high-risk members** who would benefit from a pelvic health assessment via HingeConnect's integration with nearly 1 million in-person providers.



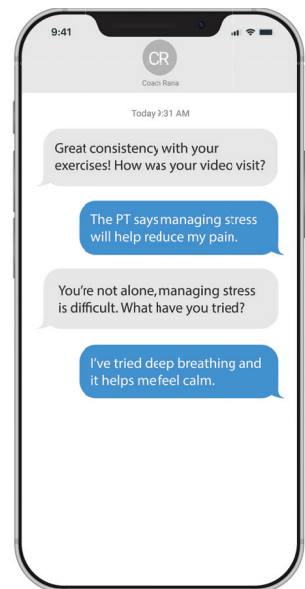
Connect with a pelvic floor physical therapist



Receive personalized care with guided exercises



Increase understanding through education



Create behavior change with health coach support

Learn more about the Women's Pelvic Health pathway at [HingeHealth.com/pelvic-health](https://HingeHealth.com/pelvic-health) »