



Learning resources to educate and engage members

Hinge Health is dedicated to helping people move beyond their pain, and education is a big part of our proven approach. Here are some engaging, educational resources available to you and your members.

Hinge Health's Monthly Webinar Series

We offer live learning sessions each month to help educate and inform members about relevant and popular topics in the MSK space.

Our 30-minute live, virtual webinars are hosted by Hinge Health PTs and board-certified Health Coaches who share tips, recommendations, and answer live questions.

Popular webinar topics include:

- **Connecting the Dots: Mental Health & Movement**
- **Ergonomics: Making Work a Pleasure, Not a Pain**
- **Get to Know Your Pelvic Floor: Understanding Pelvic Health**
- **Sleep & Pain: How to Stop the Pain Cycle**



To access our up-to-date monthly calendar and download supporting promotional materials, scan the QR code or visit:

hinge.health/webinar-series

We are always updating with new content, so check back often!

Hinge Health Learning Center

Check out our **Learning Center at hingehealth.com/resources** for additional educational resources available to you and your members.

Here, you'll find a wide variety of resources and topics authored by Hinge Health's expert clinical care team, including exercise guides and scientifically-proven tips and tricks for reducing and preventing pain.



Stiff Knees? These PT-Approved Tips and Exercises Can Help

Learn more about what causes stiff knees and how to feel better with tips and exercises from physical therapists.



Stress and Pelvic Floor Tension: Causes, Treatments, and Exercises for Relief

Learn how stress can cause pelvic floor tension and explore PT-recommended treatments for relaxing and managing pain in the pelvic floor.



10 Morning Stretches Physical Therapists Want You To Do Every Day

Learn why morning stretches are important for all-day flexibility, and which moves are recommended by physical therapists.