

Enso[®] combined with exercise therapy drives superior pain reduction



A pain relief device is essential to an MSK solution

Physical therapy and conservative care are the recommended first line treatments for MSK pain. But people with MSK pain also need solutions for quick pain relief. Injections and opioids can be effective, but can cause harmful side effects for people and drive up costs for employers and health plans.

Enso is an FDA-cleared, non-invasive wearable device that provides drug-free pain relief for individuals living with MSK conditions. In a randomized controlled trial of 325 participants, those who used Hinge Health's Enso combined with exercise therapy were more likely to achieve meaningful pain reduction at 4 weeks than those who did exercise therapy alone.³

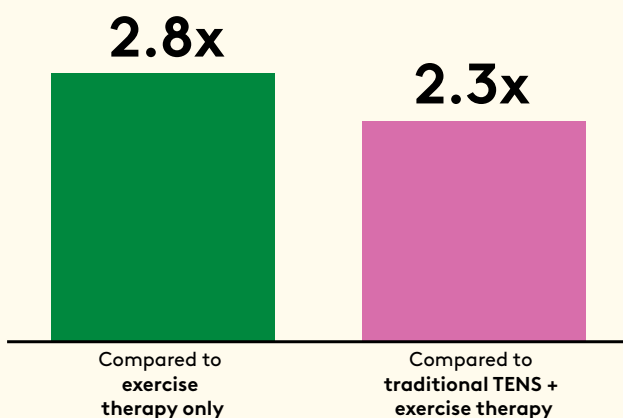
1 in 4

People with pain experience sudden spikes¹ that may disrupt their daily activities

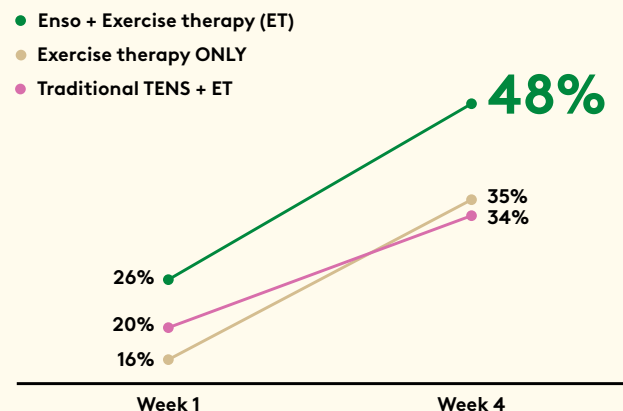
60%

Of people with pain say they don't feel in control of their pain²

Among participants who used their devices at least 3x/week, those using Enso combined with exercise therapy were more likely to achieve clinically meaningful pain reduction at 4 weeks



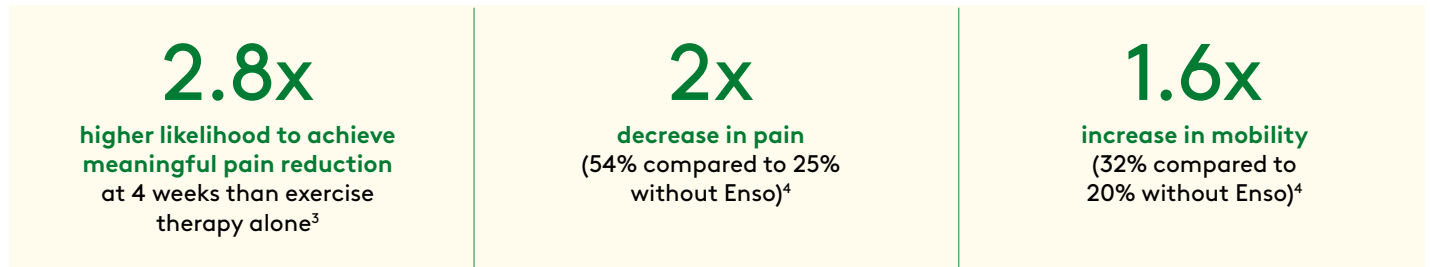
More participants using Enso combined with exercise therapy achieved meaningful pain reduction at 4 weeks





Validated by 2 peer-reviewed randomized control trials to meaningfully relieve pain without drugs or surgery

Enso has been rigorously tested in 2 peer-reviewed randomized controlled trials and proven to deliver significant improvements in pain reduction and mobility:



Key takeaways

- 1 Hinge Health provides a pain relief device for people whose pain disrupts daily activities.
- 2 Enso provides pain relief in minutes to help members fully engage in their exercise therapy program.
- 3 Enso combined with exercise therapy is proven more effective than exercise therapy alone or traditional TENS devices combined with exercise therapy.

Overview of research methodology

Randomized controlled trials are the most scientifically rigorous type of study.

2024 3-arm randomized controlled trial:

- Single blind
- 325 participants receiving exercise therapy in the Hinge Health app randomized into 3 groups:
 - Enso and exercise therapy: 109**
 - Traditional TENS and exercise therapy: 108**
 - Exercise only: 108**

2021 2-arm randomized controlled trial:

- Double blind
- 36 participants randomized into 2 groups:
 - Enso: 17**
 - Control: 19**



Memorial Sloan Kettering Cancer Center



[Read the full study to learn how Hinge Health is transforming the way pain is treated →](#)

1. Based on 2024 internal analysis of Hinge Health data on chronic program participants.

2. 2024 Hinge Health State of MSK Care Report

3. Among those who used Enso at least 3 times per week in a randomized controlled trial after 4 weeks. Hong M, Krauss J, Wang G, Cohen K, Chaisson CE, Gulati A. Effectiveness of Hybrid Form Impulse Therapy (HFIT) Compared to Traditional Transcutaneous Electronic Nerve Stimulation (TENS) in Patients with Chronic Low Back and Knee Pain: A Randomized Controlled Trial. J Pain Res. 2024;17:2417-2430. <https://doi.org/10.2147/JPR.S461343>

4. On average, in a randomized placebo-controlled clinical trial of 36 participants with long term chronic pain, after 4 weeks. Amirdelfan et al. (2021) High-Frequency Impulse Therapy for Treatment of Chronic Back Pain: A Multicenter Randomized Controlled Pilot Study. J Pain Res. 2021 Sep 22;14:2991-2999. doi: 10.2147/JPR.S325230.