

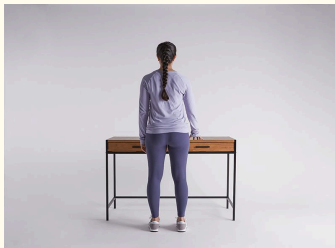
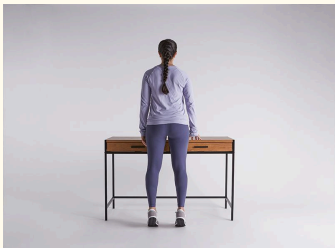
Pain from standing all day?

Try these Hinge Health physical therapist-approved exercises to get you moving and relieve aches and pains from spending long hours on your feet.

Calf Raises

Helps: leg stability, injury recovery

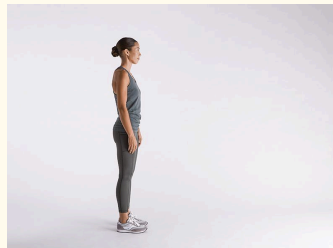
PT Tip: "keep your feet hip-width apart and use a table, desk, or wall for stability"



Woodpecker

Helps: full-body mobility, balance control

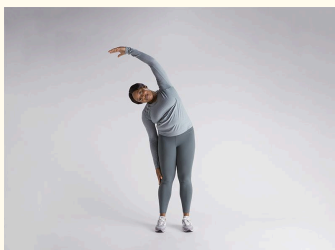
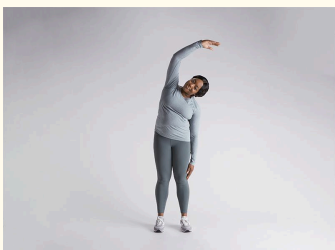
PT Tip: "keep your back leg straight and lean your chest down as you raise your arms"



Standing Side Bend with Arm Reach

Helps: back mobility, pain from lifting

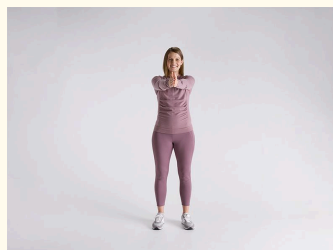
PT Tip: "if the arm reach is too intense, you can keep your arms at your sides"



Standing "T" Stretch

Helps: upper back strength, correct posture

PT Tip: "try to keep your ears away from your shoulders while stretching outward"



Get virtual physical therapy and more.

Scan the QR code or visit:

hinge.health/standingrelief

Please use the default camera on your device to scan the QR code, not a third party application. If you are directed to a site other than the URL listed above, do not proceed.

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

Members and dependents 18+ must be enrolled in the company-sponsored medical plan to be eligible.