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Ergonomics for Less Pain at Work and Home: Tips and Tricks from Hinge Health PTs

June 10, 2026 |

1 PM ET/ 12 PM CT/ 10 AM PT

Presented by Hinge Health, "Ergonomics for Less Pain at Work and Home: Tips and Tricks from Hinge Health Physical Therapists" will dive into the science of workplace setup and how you can be more comfortable at work.

- How to set up your workspace if you sit all day
- How to set up your workspace if you stand all day
- Simple, gentle exercises you can do today to start reducing your pain



Scan the QR code to save your seat or visit:

hinge.health/register-june2026

This is a free virtual event. While all are welcome to join the webinar, please note that you must be enrolled in your employer's medical plan in order to participate in Hinge Health. This presentation will be recorded and a link to view will be emailed to all registered participants one day after the event concludes. Questions? Email: hello@hingehealth.com | Phone: (855) 902-2777.

Una transcripción de este seminario web estará disponible en español 2 semanas después de que concluya el evento. Para activar las transcripciones en español en Vimeo, haga clic en el botón "CC" y seleccione "Spanish/español".