



You're invited to this free virtual event

All About Back Pain: Causes, Tips, and Exercises to Feel Better

November 19, 2026 | 1 PM ET | 12 PM CT | 10 AM PT

Presented by a Hinge Health expert physical therapist, this event will discuss the many causes and contributing factors of low back pain, easy ways to modify your lifestyle for less back pain, and the best exercises for back pain flare-ups and preventing back pain before it happens.

- Surprising causes of low back pain
- Lifestyle modifications that can provide relief quickly
- Gentle, targeted exercises that can help stabilize your low back, reducing pain and increasing mobility



Scan the QR code to save your seat or visit:

hinge.health/register-november2026

This is a free virtual event; all are welcome to join the webinar. Eligibility for Hinge Health varies by employer, contracting partner and medical plan. Further detail provided on your company's landing page. Spouses and 18+ dependents may be eligible as well. 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".