

# STRS User Testimonials

Quotes from participants

“The articles have been a good reminder that relieving pain is a process that involves more than just focusing on the problem area. And more importantly **that movement, especially controlled and at a suitable intensity, is a big part of the process.**”

Hip program, 65-70 years old

“The mtg with GiGi was awesome! **What I like about these video meetings is the fact that they are so personalized!** The one on one allows me to understand my condition so much better. I get the insight on how to take control and the ability to make things better.”

Back program, 70-75 years old

“I am not a person that loves exercise. I do what I need to do if I enjoy the process usually that means I am walking and chatting. However you have made the process intriguing-**I enjoyed the videos on how to do the exercise, the very interesting lessons on pain, and the short length of the exercise time--This is motivating.**”

Knee program, 75-80 years old

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“I wanted to share a great milestone. This weekend we moved our daughter out of her apartment. Just my husband and me. She lives in a two story apartment on the second floor ( that’s two sets of stairs). We moved washer, dryer, living room, and bedroom furniture. As well as boxes. **Before starting Hinge Health, I never would have survived the first trip up or down the stairs without throwing my back out.** Not to mention the days and nights of pain!!! **Today I am proud to say that although my knees, hands and shoulders are a bit beat up. The back is good!!!** I have even been able to show up my husband who is still complaining about his body. Thank you Coach Toni for always having my back!!!!

Back program, 50-55 years old