



2026 Hinge Health Member Webinar Series Calendar of Events

Month	Topic	Event Date & Time	Registration Link
January	Exercise Myths that are Preventing Your Progress	January 14 12pm CT	hinge.health/register-january2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	January 21 12pm CT	hinge.health/january2026-register
February	From Pickleball to Power Walking: Getting Back to Sports and Hobbies	February 11 12pm CT	hinge.health/register-february2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	February 18 12pm CT	hinge.health/february2026-register
March	Health Trends: Help or Hype?	March 11 12pm CT	hinge.health/register-march2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	March 18 12pm CT	hinge.health/march2026-register
April	All About Virtual Physical Therapy: What is It, and Should You Try It?	April 8 12pm CT	hinge.health/register-april2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	April 15 12pm CT	hinge.health/april2026-register
May	Mental Health and Chronic Pain: What's the Connection?	May 13 12pm CT	hinge.health/register-may2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	May 20 12pm CT	hinge.health/may2026-register
June	Ergonomics for Less Pain at Work and Home: Tips and Tricks from Hinge Health Physical Therapists	June 10 12pm CT	hinge.health/register-june2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	June 17 12pm CT	hinge.health/june2026-register
July	Women's Health: Getting the Right Care for Pelvic Floor Conditions and Menopause Symptoms	July 8 12pm CT	hinge.health/register-july2026-women
	Men's Health Tips: Getting the Right Care for Muscle and Joint Pain	July 15 12pm CT	hinge.health/register-july2026-men
	Hinge Health 101: Digital Physical Therapy for Pain Relief	July 22 12pm CT	hinge.health/july2026-register
August	Ask a Physical Therapist Anything!	August 12 12pm CT	hinge.health/register-august2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	August 19 12pm CT	hinge.health/august2026-register
September	Sleep and Pain: Tips to Stop 'Painsomnia' and Wake Up Feeling Better	September 9 12pm CT	hinge.health/register-september2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	September 16 12pm CT	hinge.health/september2026-register
October	Weight Management and Pain: Healthy Lifestyle Tips That Can Make a Difference	October 7 12pm CT	hinge.health/register-october2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	October 14 12pm CT	hinge.health/october2026-register
November	All About Back Pain: Causes, Tips, and Exercises to Feel Better	November 11 12pm CT	hinge.health/register-november2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	November 18 12pm CT	hinge.health/november2026-register
December	The Science of Pain: Surprising Insights for Lasting Pain Relief	December 9 12pm CT	hinge.health/register-december2026
	Hinge Health 101: Digital Physical Therapy for Pain Relief	December 16 12pm CT	hinge.health/december2026-register