



Menopause Add-On

Caring for the MSK
Syndrome of Menopause



An overlooked and underserved population

71%

Of individuals going through menopause experience joint and muscle pain¹

60%

Of aging women experience urinary incontinence²

80%

Of women experience menopause symptoms³

Sources: 1. Wright, V. J., Schwartzman, J. D., Itinchoe, R., & Wittstein, J. (2024). The musculoskeletal syndrome of menopause. *Climacteric*. <https://doi.org/10.1080/13697137.2024.2380363> 2. Karaçam Z, Özsoy S, Özer Yurdal NE. The prevalence of urinary incontinence and risk factors in menopausal women in Turkey: A systematic review and meta-analysis. 3. Int J Urol Nurs. 2024; 18(1):e12382. doi:10.1111/ijun.12382 3. Newson, L. R. (2016). Best practice for HRT: unpicking the evidence. *British Journal of General Practice*, 66(653), 597-598.

Movement-based menopause care for those with MSK and pelvic health conditions



Expert guidance

PT-led care teams specialize in menopause, pelvic health, and MSK care



Movement-based symptom management

Exercise therapy reduces the frequency and intensity of MSK, pelvic health, and menopause symptoms



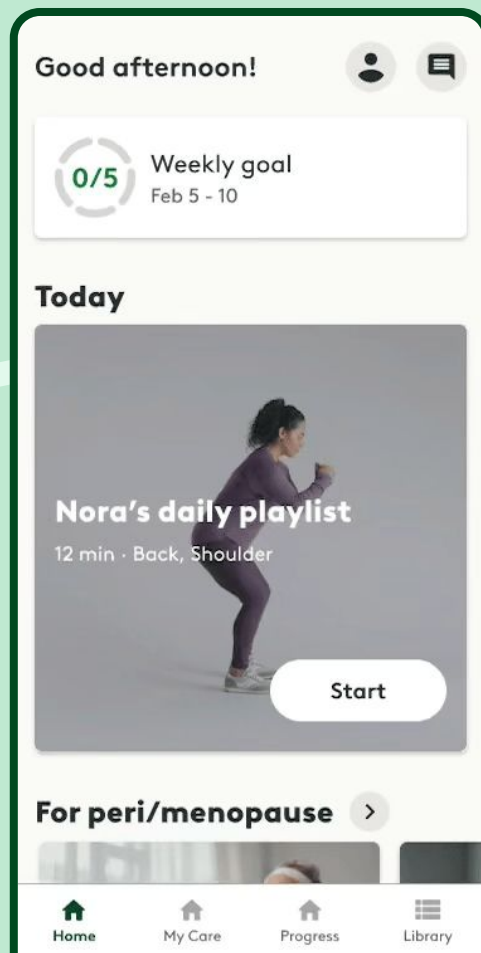
Lifestyle and behavior change strategies

Alleviate vasomotor symptoms, ease joint pain, improve sleep quality, and lower stress



Customized education

Enables informed care decisions on how to manage menopause symptoms



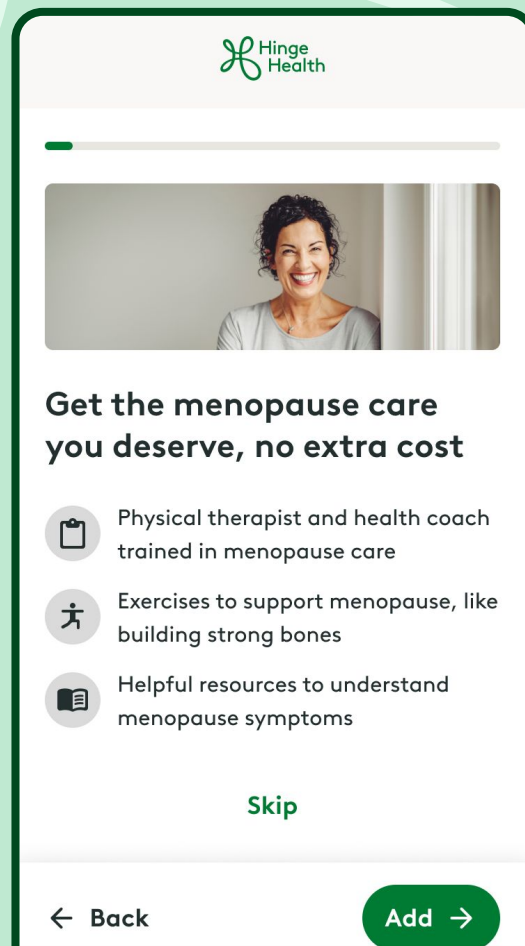
Simple member onboarding as
an add-on to existing MSK care

43%

Of all Hinge Health members are
women of perimenopause age

Hinge Health Book of Business Analysis 2024

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Menopause add-on for chronic and pelvic health members

Expert guidance

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PHYSICAL THERAPIST

Dr. Sarah Fogle

Pelvic health, menopause care

[Book a visit](#)

“ I love helping midlife patients navigate the physical changes of menopause — from bone health to hot flashes — together we can make a care plan that works for you. ”

Specialties & Certifications

Exercise therapy

← Exercises for menopause

[See all](#) [Reduce hot flashes](#) [Improve sex](#)

**Bone vitality strength circuit**
5 min · Easy

**Balance focus jump circuit**
9 min · Moderate

**Sunrise strength: rise & shine routine**
10 min · Hard

**Cooling and calming stretches for hot flashes**
10 min · Hard

Behavior change

←

Boost bone health, beat osteoporosis

Collection · 10 activities

This collection offers practical tips for strengthening your bones during menopause, featuring our top weight-bearing exercises.

Part 1: The basics

**Midlife impacts on bone health and the benefits of exercises**
3 min · Article

**Try this: daily bone-boosting movements**
4 min · Exercise therapy

Part 2: Osteoporosis prevention

Education

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Education · 3 min

The ‘why’ of hot flashes and night sweats



When you’re sweating your way through meetings, workouts, and dinners with friends — and soaking your sheets at night — does the “why” behind hot flashes and night sweats even matter?

Absolutely.

Understanding what’s behind your body’s response can help you manage your vasomotor symptoms (VMS). We’ll cover strategies to reduce and cope in upcoming lessons. But first, let’s explore what’s behind

[Done](#)

Appendix



Understanding menopause symptoms

- Menopause is biologically inevitable for almost all women, causing a drop in estrogen levels
- Typically occurs between the ages of 40 and 65
- Menopause symptoms can last for up to 10 years

Physical

Fatigue
Hot flashes
Night sweats
Joint pain
Period changes
Sleep issues
Weight gain
Loss of bone and mineral density

Vaginal, sexual and urinary

Low libido
Painful sex
Urinary incontinence
Urinary frequency and urgency
Urinary tract infections
Vaginal/vulva dryness
Pelvic organ prolapse

Cognitive

Brain fog
Forgetfulness
Inability to focus
Inattentiveness

Mood

Anxiety
Difficulty concentrating
Feeling not yourself
Impatience
Irritability
Low motivation or energy
Mood swings

Menopause causes MSK Symptoms

Groundbreaking review establishes MSM nomenclature



Symptoms of MSM

- Total body pain, frozen shoulder, loss of muscle mass and bone density, progression of osteoarthritis



Dismissal of symptoms

- 40% of women seeking care find no structural issues, leading to dismissal or misunderstanding by clinicians



Consequences of not treating

- Contributes to frailty, with an average reduction of 10% in bone density in perimenopause and muscle loss

Wright, V. J., Schwartzman, J. D., Itiniche, R., & Wittstein, J. (2024). The musculoskeletal syndrome of menopause.

Climacteric. <https://doi.org/10.1080/13697137.2024.2380363>

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