



SPX TECHNOLOGIES BENEFITS THAT MAKE YOUR LIFE BETTER

Keep joint and muscle pain out of your way.



Scan the QR code or visit
hinge.health/spxtechnologies-join

Employees and dependents 18+ enrolled in an Aetna® medical plan through SPX Technologies are eligible.

Los empleados y dependientes mayores de 18 años inscritos en un plan médico de Aetna® a través de SPX Technologies son elegibles.

Aetna has teamed up with Hinge Health to provide services that are included in the Aetna Back and Joint Care Program. This program does not replace formal physical therapy in office prior to surgery. Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

\$0
cost to you

Exercise Therapy

Level 1 • 15 min [Change](#)

Equipment needed

Table

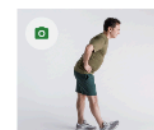
Chair



Motion insights

Woodpecker

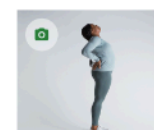
4 reps • Mobility



Motion insights

Hamstring stretch

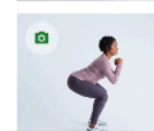
6 reps • Flexibility



Motion insights

Standing back extension

4 reps • Flexibility



Motion insights

Squat

1m • Strength

[Begin](#)

