A SNAPSHOT
HSS Musculoskeletal Health Initiative
2011–2019

Background

Approximately 54 million people in the United States have been diagnosed with some form of arthritis.

Musculoskeletal conditions are the most common cause of work-related disability among U.S. adults.

Physical activity and increased awareness of musculoskeletal conditions can improve musculoskeletal health.

Community-based self-management education programs have been shown to significantly improve musculoskeletal health conditions.

About this Program

Goals
Launched in 1989 to improve musculoskeletal health through exercise and education

Audience
Adults and older adults with or at-risk of musculoskeletal conditions

Program Structure

- 1-hour weekly exercise classes (T’ai Chi, yoga, Pilates, yogalates, dance)
- 1-hour lectures and workshops
- Digital programs (live-stream webinars, on-demand videos, online classes)

For more information please contact Claudia Zurlini at zurlinic@hss.edu

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Program Reach and Impact

323 exercise classes reaching 19,990 participants
294 lectures/workshops reaching 7,188 participants
33 digital programs reaching 14,725 participants

97% aged 60 years or older

94% female

6% male

Improved Health Outcomes

77% felt less stiff
Fatigue decreased by 29%  
76% had better balance
Pain intensity decreased by 29%  
91% reported better self-management skills

Moderate physical activity increased by 46%

Program Satisfaction

95% were satisfied with the program
94% would recommend the program to a friend or family

“Have not fallen a single time since doing Pilates.”

“It helps me to be more mindful, I perform breathing exercises when I get anxious, and realize that even taking a walk is helpful for the body.”

“It’s a safe place, teachers are well trained and not untrained people that happen to work at a gym.”

HSS Education Institute
535 East 70th Street, New York, NY 10021
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6 As measured by the Brief Fatigue Inventory
7 As measured by the PROMIS Numeric Rating Scale v1.0 - Pain Intensity 1a
8 As measured by the 3-question Physical Activity Questionnaire (3Q)