

## **Relieve pain** from the comfort of home

Tired of chronic pain or loss of mobility? We have you covered! Meet Sword, the new digital physical care program designed to help you overcome your back, joint or muscle pain - at home.

Combining physical care specialists with easy-to-use technology, Sword is far more than just convenient. You may find it works better than in-person physical therapy and it won't cost you any more.

Coming soon in April 2023! Learn more at join.sword.health/local22



## How it works



Your dedicated physical therapist designs an exercise program just for you.



Sword will ship you a tablet and motion sensors to guide you and provide real-time feedback.



Complete your exercise sessions at home when it is convenient for you.



Your physical therapist is there to support you virtually and is **available** at any time.











