

A better way to overcome musculoskeletal pain

Help your members outsmart MSK pain with the only clinical-grade digital solution proven to outperform in-person care.



The only solution that works for everyone

Our clinically-validated programs work for all the major MSK issues, at any point in the journey: prevention, acute conditions, chronic pain and post-surgical recovery.



Lower Back



Shoulder



Neck



Knee



Elbow



Hip



Ankle



Wrist

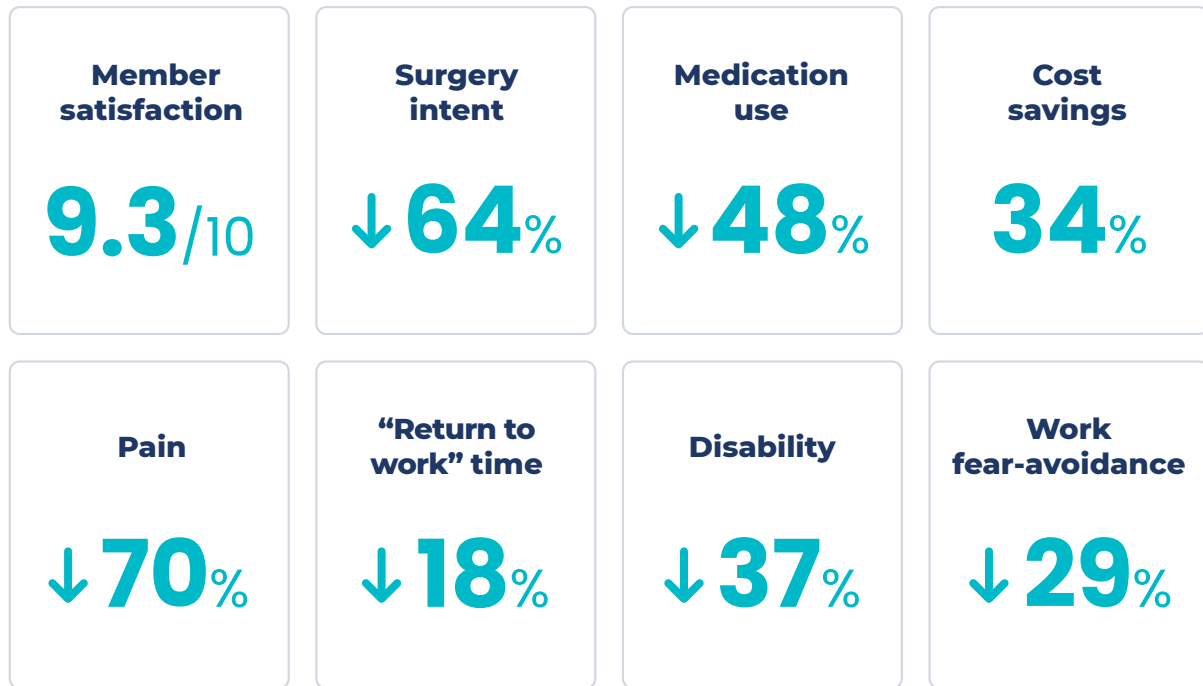
Covering 2M lives & growing

Some partners:



Outcomes you can count on

Our programs are proven to work better than anything else out there, and save both members and businesses money by removing the need for surgeries and other costly treatments.

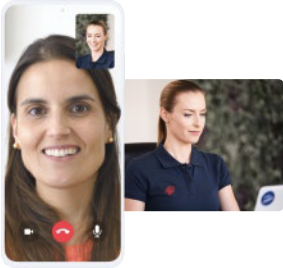


Before, my pain was so bad that I couldn't sleep. Now... I've completely stopped my medication. It really has changed my life.

Sara, chronic back pain

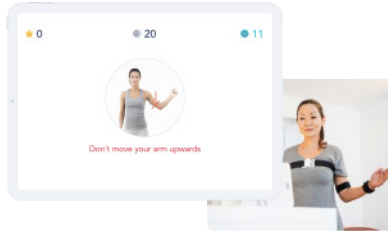


Human care meets superhuman tech



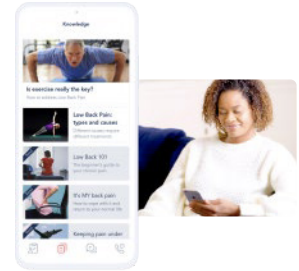
Physical Therapists

We match members with a Doctor of Physical Therapy who identifies their condition, develops a therapeutic exercise program, and educates and coaches them to better health.



Digital Therapist

Our FDA-listed Digital Therapist guides members through an exercise program designed just for them, gives them live feedback, and corrects their form - all supervised virtually by their physical therapist.



Member app

The SWORD Health app helps members make changes that last. Members use the app to chat with their PT, learn about their condition and train their brain with guided behavioral therapy sessions.

Our certifications



HITRUST



Other recognitions



About us



Headquarters

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