Relieve aches + pain from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, the new digital physical therapy program designed to help you overcome your joint, back, or muscle pain—all from home.

Combining licensed PT with easy-to-use technology, Sword is more than just convenient. It’s proven to work better than in-person physical therapy, too.¹

Here’s how it works

Pick Your PT
Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.

Get Your Sword Kit
Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.

Stay Connected
Chat 1:1 with your PT anytime. They’ll check in, monitor your progress, and adjust your program as needed.

Feel the Relief
Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.

Pain doesn’t wait. Why should you? Enroll today to get started!

join.swordhealth.com/hopecollege/register