

World class digital physical therapy, anytime, anywhere with **Thrive: Healthy Back and Joints**



What is Digital Physical Therapy?

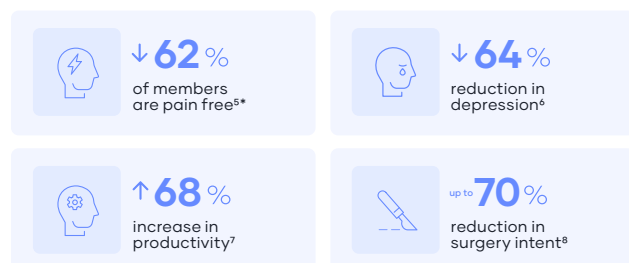
Digital Physical Therapy pairs a human therapist with Sword Health's digital therapist for high-quality, engaging, and personalized 1:1 treatment as effective as high-intensity in-person PT.

Why DPT?

Musculoskeletal (MSK) conditions affect 50% of adults in the United States, and nearly three out of four over the age 65.¹ MSK disorders cost an estimated \$381 billion in direct healthcare expenditures.²

Sword Health has been committed to providing the most clinically validated digital musculoskeletal care in the world.³ DPT helps members avoid surgery and ER visits, and drastically reduce healthcare costs — **saving our clients an average of \$2,472 per member per year.**⁴

Participants in DPT see a



Sword's digital physical therapy program was the first and only proven to be as effective as in-person PT while promoting the highest completion rates of all companies in this space.

How does DPT work?



Digital Therapist

The Digital Therapist uses advanced algorithms and motion tracking technology to guide you through to completion.



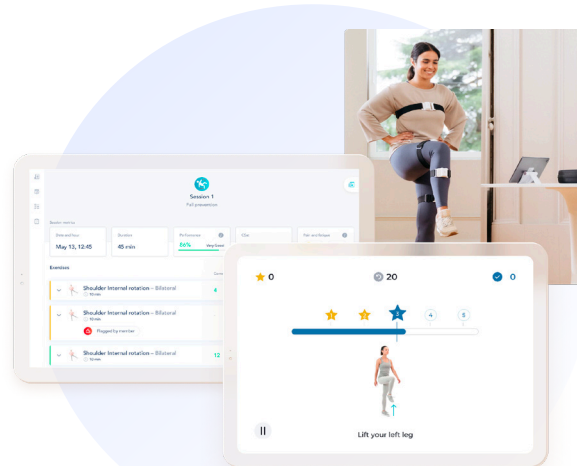
Licensed Doctors of Physical Therapy

Our technology makes physical therapy easy and convenient, while our team of physical therapists provide the expertise and human connection your members need.



Personalized Member Experience

Physical therapists adjust the program after every session by continuously reviewing member progress and connecting with members on average 3x per week.



¹ https://www.boneandjointburden.org/docs/BMUS%20Impact%20of%20MSK%20on%20Americans%20booklet_4th%20Edition%20%282018%29.pdf ² JAMA. 2020;323(9):863–884. doi:10.1001/jama.2020.0734 ³ We have 26 clinical papers published, more than all other digital MSK care companies combined. ⁴ Validation Institute: Validated Financial Savings to the Plan ⁵ sword Bob H1 2023 ⁶ <https://www.mdpi.com/2227-9032/10/8/1595>; <https://www.dovepress.com/getfile.php?fileID=77474/> ⁷ for depression: J Pain Res. 2022 Jan 8;15:53–66. doi: 10.2147/JPR.S343308 ⁸ Musculoskelet Sci Pract. 2023 Feb;63:102709. doi: 10.1016/j.msksp.2022.102709 ⁹ Healthcare. 2022; 10(8):1595. doi: 10.3390/healthcare10081595

* % of members who enroll in our programs with moderate to severe pain and that, by the end of program, have no or only mild pain.