



Relieve aches + pain from the comfort of your home

Meet Sword, a digital physical therapy program for joint, back, and muscle pain that you can do from home — or anywhere.



Track your progress and get **real-time feedback** with our tablet.

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

join.swordhealth.com/sonm/register



Available at no cost to you and PHP-enrolled family members, who are age 13+.