

Relieve physical pain from the comfort of home with Thrive



Step to the side, foot pointing forward

Tired of experiencing persistent pain or loss of mobility? Struggling with discomfort?

Meet Sword Thrive, your new AI physical therapy program designed to help you overcome joint, back and muscle pain—all from the comfort of home.

Once you enroll, we'll connect you with a Doctor of Physical Therapy who will create a personalized program with exercises tailored to your pain. Complete sessions from your phone in the Sword Health app with AI movement tracking and guidance, like having a PT in your living room.

Thrive is more than just convenient. It's effective, holistic pain relief that's proven to work, with 72% of members free of limiting pain by the end of their program¹.

1

Enroll in minutes

Just answer a few questions about your pain, health history, lifestyle and goals. Scan the QR code, enter the URL or call us.

2

Connect with a PT

Download the Sword Health app to meet your dedicated Doctor of Physical Therapy, who will create your unique program.

3

Get 1:1 support

Chat with your PT anytime in the app. They'll monitor your progress and adjust your program as you go.

4

Start feeling better

Complete your exercise sessions anytime, anywhere, and feel the pain relief for yourself.



Scan the QR code,
visit the URL or call us.

Pain doesn't wait. Why should you?

Enroll at no cost.

sword.health/thrive/priorityhealth/go

(385) 498-4640 Access code: 557

