



# Sword Care Philosophy Overview:

## High-Touch Treatment from Licensed Doctors of Physical Therapy

Musculoskeletal (MSK) diseases affect more than one out of every two people in the United States age 18 and over, and nearly three out of four age 65 and over. **Direct costs to treat MSK disorders have doubled** in the past decade to \$20 billion. Clearly, employers are in urgent need of effective physical care solutions to achieve better outcomes for their populations and drive down soaring medical costs.

### Licensed Experts Deliver the Best Outcomes

Persistent MSK issues are medically complex. Achieving sustainable pain relief requires clinically-validated care by trained medical professionals who can provide 1-on-1 treatments tailored for each individual.

That's why Sword Health's digital MSK program has always delivered 100% of care through licensed doctors of physical therapy (DPTs)—never health coaches. With Sword's patented, sensor-based technology, our clinicians are able to analyze data from **every movement** in **every exercise** for **every member**.

As a result, Sword participants get better treatment—more tailored to their individual injury, circumstance, or progress. In peer-reviewed studies, we have demonstrated that Sword's highly personalized, sensor-based solution is even more effective than conventional in-person MSK treatment.

On average, our physical therapists will adjust a member's plan 2-3 times per week, continually customizing it to maximize progress for each individual. This high-touch care model from a

licensed doctor of physical therapy is the key to improving adherence and outcomes in a digital solution—and **only DPTs can do the job**.

Effective physical therapy can only be delivered with licensed physical therapists working with exceptional technology to help patients one-on-one. In a recent statement, the American Physical Therapy Association—the official professional body for physical therapists—validated our care philosophy, saying:

“Telehealth physical therapy is provided by licensed therapists, not technology... The practice of physical therapy is performed only by physical therapists.”

### Better Data Enables Better Care

Our anytime-anywhere digital solution is not only more convenient for members, it's more effective. In fact, Sword's approach with licensed DPTs + motion tracker sensors outperforms traditional, in-clinic physical therapy by 30%.

### Industry-Leading Outcomes

On average, Sword participants experience a 70% reduction in pain, a 65% decrease in surgery intent, and a 48% drop in opioid consumption. When it comes to wellness, we see a 52% decrease in depression and 32% increase in employee productivity. These outcomes lead employers to 34% savings in MSK costs, and—perhaps most importantly—the opportunity for their people to find lasting relief from pain.