



Sword Health Clinical Validation

Peer-Reviewed Outcomes Demonstrate
Sword's Industry-Leading Position



Since inception, Sword Health has been committed to providing the **most clinical-grade digital musculoskeletal (MSK) care in the world.**

That's why we believe clinical validation to be one of the most important ways to differentiate our solution in the marketplace. Sword's clinical results give companies the most confidence that we are delivering the best possible MSK care for their employee populations.

A number of peer-reviewed studies published in separate medical journals validate our position as **the most clinically effective digital solution for acute MSK disorders currently available anywhere.** In fact, we are the **only** digital MSK care company whose acute MSK programs have been validated in peer-reviewed papers.

Published in *BMC Musculoskeletal Disorders*, the most recent study in 2022 followed a real-world cohort of patients who completed Sword's virtual care program for acute MSK pain. This represented the first longitudinal study demonstrating the feasibility of a digital care program for patients with acute MSK conditions involving several body areas.

As a group, the patients experienced a 64.3% drop in pain. Marked improvements were also noted in all secondary outcomes: 82% reduction in medication intake, 63% in surgery intent, 40% in fear-avoidance beliefs, 54% in anxiety, 58% in depression, and 79% improvement in overall productivity. The mean patient satisfaction score was 8.7 out of 10.

Another peer-reviewed study, published in late 2021 in the *Journal of Pain Research*, demonstrated equally impressive outcomes. This one focused on patients who used the Sword program to overcome chronic shoulder pain.

Here, participants saw a pain reduction of 54.8%. They also experienced a 44.1% decline in medication intake, 55.5% in surgery intent, 37.7% in fear-avoidance beliefs, 50.3% in anxiety, and 63.6% in depression. Patients saw a 66.5% improvement in overall work productivity.

A study published in *Nature Scientific Research* followed patients after total knee replacement surgery and found that the group utilizing SWORD's virtual rehabilitation program had superior results with regard to all primary outcome measures, compared to the control group. Asked to rate their satisfaction with their treatment, 90% of the Sword patients gave a 10-out-of-10 rating.

A study published in the *Journal of Medical Internet Research* found that Sword patients achieved 35% better functional outcomes after total hip arthroplasty, requiring 80% less time with a physical therapist, compared to the control group. Once again, patient satisfaction was very high (91% rated their satisfaction as 10/10) along with engagement (83% of patients performed five or more sessions/week).

With these clinical studies, **Sword becomes the first and only digital MSK care provider to demonstrate outstanding clinical outcomes in acute MSK conditions**, and continues to demonstrate the **highest completion rates** of all companies in this space.

To learn more, contact us at:

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