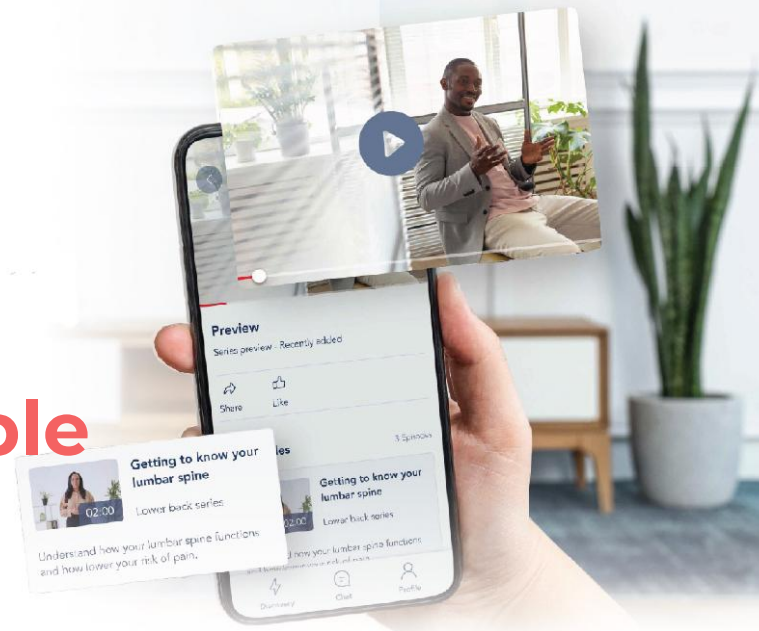




Sword+ The Academy

# Making musculoskeletal education accessible to everyone



With The Academy from Sword+, your employees learn the best ways to move and strengthen their body, and prevent injuries before persistent problems set in.

Inside the SWORD Health mobile app, members access a self-paced video library to learn how their muscles work, practices designed to prevent long-term musculoskeletal (MSK) issues, and strengthening exercises.

## MSK Education that Empowers Your Employees

The Academy comes with premium original video content developed by Sword's own doctors of physical therapy (DPTs). Based on peer-reviewed research, best practices, and professional experience, The Academy aims to reduce injuries and improve quality of life for everyone in your company.

1. **Clinical Expertise:** Video content rooted in evidence-based research and guidance from SWORD's clinical team of DPTs.
2. **Accessible Recommendations:** Short-form videos demonstrate proper movements, stretches, and habits to keep your employees healthy and productive.
3. **Prevention Focus:** The Academy drives educational awareness in the workplace so that your employees can go about their activities more mindful of how to move their bodies to avoid injury.

## Comprehensive, Clinical-Grade Solution for MSK Prevention

The Academy is one of the clinical-grade methodologies included in Sword+:



### The Academy

Educational videos on injury & pain prevention



### SWORD On-Call

A PT in your pocket to answer questions



### Digital Guardian™

Wearable sensors that correct risky behavior

## The Academy Helps Companies Cut Costs Because:

- 1 in 2 Americans suffer from an MSK condition
- 18% of healthcare visits related to MSK disorders
- \$7,800 is average cost to treat someone with an MSK condition

Make MSK literacy available so your employees. Know how to stay healthy, productive and pain free. Ready to see **Sword in action?** Get started with a [demo](#) today.