

Start and stay moving with **Sword Move**, your whole-body solution for a pain-free tomorrow.



Sword Health, known for its expertise in managing pain, recognizes that while Physical Therapy is effective for treating specific injuries and severe pain, there's a need for a more holistic solution. That's why we've developed **Sword Move**, the only whole-body movement solution that helps you address low levels of pain before it worsens, avoid injuries, and enhance overall physical health.

Move matches you with a dedicated Physical Health Specialist who holds a Doctor of Physical Therapy degree that designs targeted movement plans tailored to your lifestyle, job function, pain history, and health goals. Each week, you'll receive targeted movements and step goals clinically proven to enhance mobility, strength, and flexibility throughout your entire body.

Here's How Move Works:



Share a little bit about yourself

We'll learn about your occupation, lifestyle, physical goals, and more.



Match with a dedicated Physical Health Specialist

Expect accountability and personalized support to reach your goals.



Pair your wrist wearable

Track your progress with our wearable, or use your own device.



Receive a customized weekly Move Plan

Achievable activities and step goals that help you learn healthy habits.

Let's get moving!

Activate your Move Benefit Today

sword.health/move/hertz/go

