

To get pain relief, focus on mind AND body

Did you know that when you're in pain, your brain controls where and how much it hurts? Your brain and body are inseparable, which is why an effective physical therapy program needs to focus on both body and mind.

Sword takes a complete approach — combining exercise to strengthen your body, and education and behavioral coaching to strengthen your mind.



Get started today.

See more information on Sword by visiting the link shown below or by signing into your Castlight account.

join.swordhealth.com/gd/register



How it works



Your dedicated **physical therapist** designs an exercise program just for you.



Sword will ship you a **tablet + motion sensors** to guide you & provide real-time feedback.



Complete your exercise sessions **at home when it is convenient for you.**



Your physical therapist is there to support you virtually & is **available at any time.**

