

World class digital physical therapy from the comfort of home.



What is Thrive?

Thrive is the most effective and clinically rigorous digital physical therapy product on the market. Thrive pairs Doctors of Physical Therapy with Phoenix, our AI Care Specialist, to offer members a personalized experience with real-time feedback in the comfort of their homes.

Why Thrive?

50% of US adults report a musculoskeletal (MSK) pain episode every year¹, 50 million US adults experience physical pain every day², and 63% of opioid users take them for back or joint pain³. MSK is also the top healthcare cost and leads to absenteeism and low productivity at work.

As effective as in-person PT but far more convenient, Thrive helps members feel better and avoid surgery and ER visits, drastically reducing healthcare costs and **saving our clients an independently-validated average of \$3,012 per member per year.**

62% of members are pain free⁴ and participants in Thrive also see a 64% reduction in depression⁵, up to 70% reduction in surgery intent⁶, and a 68% increase in productivity⁷.

How does Thrive work?



Licensed Doctors of Physical Therapy

Every member is matched with a Doctor of Physical Therapy —never an unregulated “health coach.” Our team of licensed physical therapists provide the expert guidance and human connection your people need.



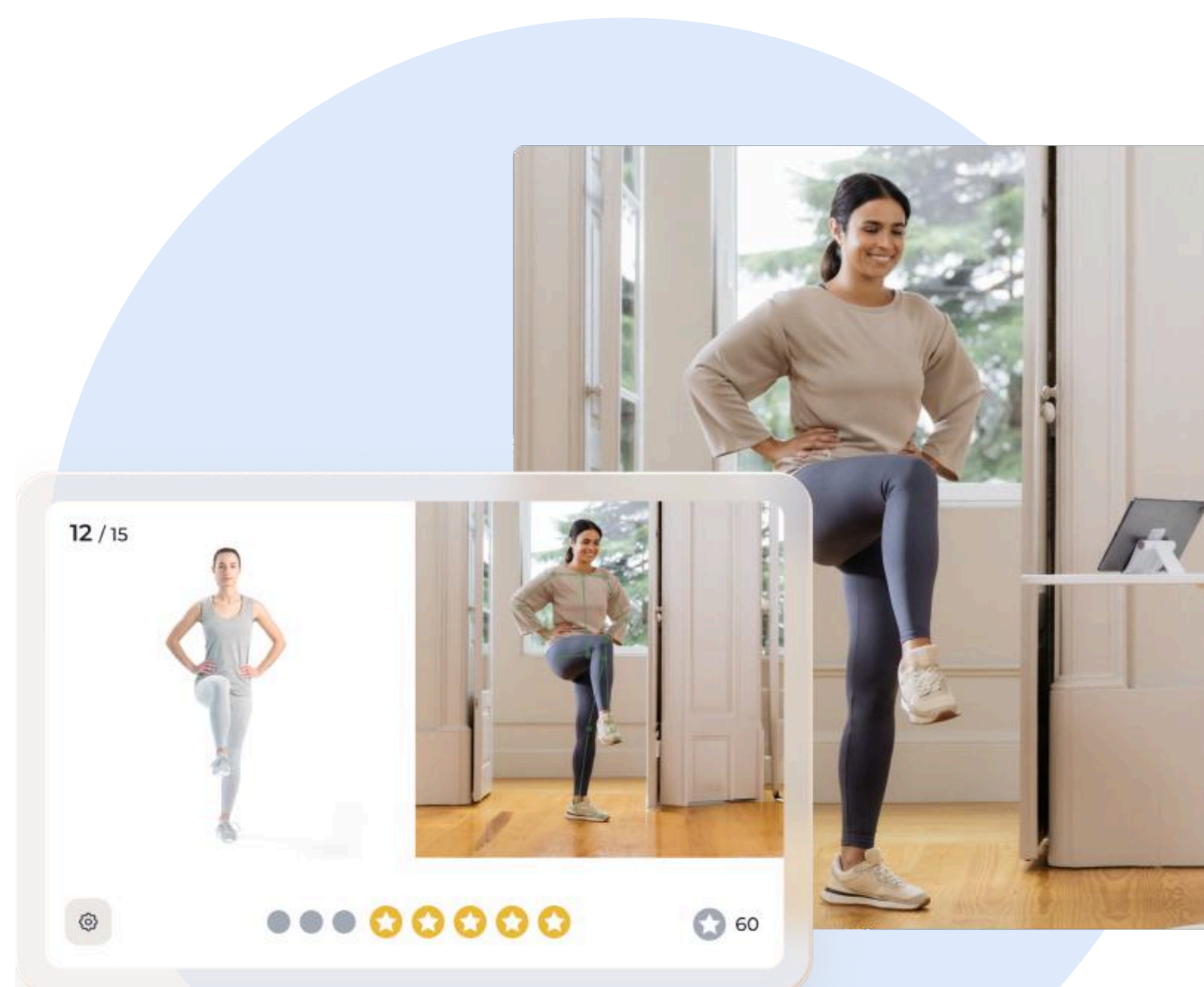
Live feedback from Phoenix

Sword provides every member with our FDA-listed hardware, which uses state-of-the-art motion tracking to detect precise movement and provide members with live, form-correcting feedback.



Personalized member experience

Thrive programs are custom-tailored to each member based on their needs, goals, and progress. Doctors of Physical Therapy continuously adjust each program as members progress.



¹ https://www.boneandjointburden.org/docs/BMUS%20Impact%20of%20MSK%20on%20Americans%20booklet_4th%20Edition%20%282018%29.pdf

² <https://pubmed.ncbi.nlm.nih.gov/33990113/>

³ Hudson, T. J., Edlund, M. J., Steffick, D. E., Tripathi, S. P. & Sullivan, M. D. Epidemiology of Regular Prescribed Opioid Use. J. Pain Symptom Manage. (2008)

⁴ Sword BoB H1 2023

⁵ J Pain Res. 2022 Jan 8;15:53-66. doi: 10.2147/JPR.S343308

⁶ Healthcare. 2022; 10(8):1595. doi: 10.3390/healthcare10081595

⁷ Musculoskelet Sci Pract. 2023 Feb;63:102709. doi: 10.1016/j.msksp.2022.102709