



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 Doctor of Physical Therapy who specializes in personal training 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

Answer a few questions so we can learn about you and your specific needs



Match with a Doctor of Physical Therapy

With real human connection and support, you will work together to set the right goals



Pair your wrist wearable

Track your progress in real time with a free Move wearable, or use your own device



Receive a customized plan that changes with you weekly

Activities and step goals that strengthen your whole body



Let's get moving!
Activate your Move Benefit Today

meet.swordhealth.com/move/abk

Available to Collective Health, Centivo, and Kaiser plan participants (age 18 and older) at no additional cost as a part of your ABK benefit offering.

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