



Relieve pain from the comfort of home

Tired of chronic, post-surgical pain, or loss of mobility? We have you covered! Meet **Sword**, the new virtual physical therapy program designed to help you overcome your back, joint or muscle pain – at home.

Combining licensed physical therapists with easy-to-use technology, Sword is far more than just convenient.



Get started today.

join.swordhealth.com/avmedmdc/register

*Sword Clinical Studies

How it works



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



Sword will ship you a tablet and motion sensors to guide you and 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 and is **available at any time.**



Available to enrolled Miami-Dade County employees and their dependents 18 and older, and Retirees and dependents under age 65, at no additional cost as part of your health plan.

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