

Take the first step towards pain relief today

Activate your physiotherapy programme—designed to fit your life, anytime, anywhere. Get personalised, clinically backed care from the comfort of home, with support from an expert physio every step of the way until recovery.

Why start now?

- **Start therapy in just 48 hours**, no waiting lists or delays
- **Personalised programme** created by your physiotherapist;
- **Expert guidance** with regular check-ins and 24/7 support;
- **Flexible therapy** that fits your schedule;
- **Clinically proven results** backed by +35 scientific studies.

How it works:



Register in minutes

Fill out the registration form sent by email with your details.



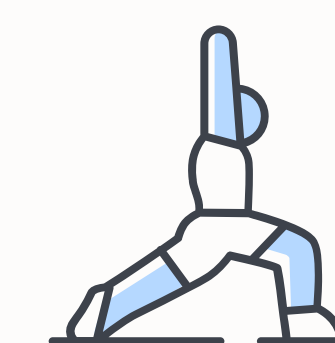
Schedule your first consultation

Meet your physio to assess your condition and create your programme.



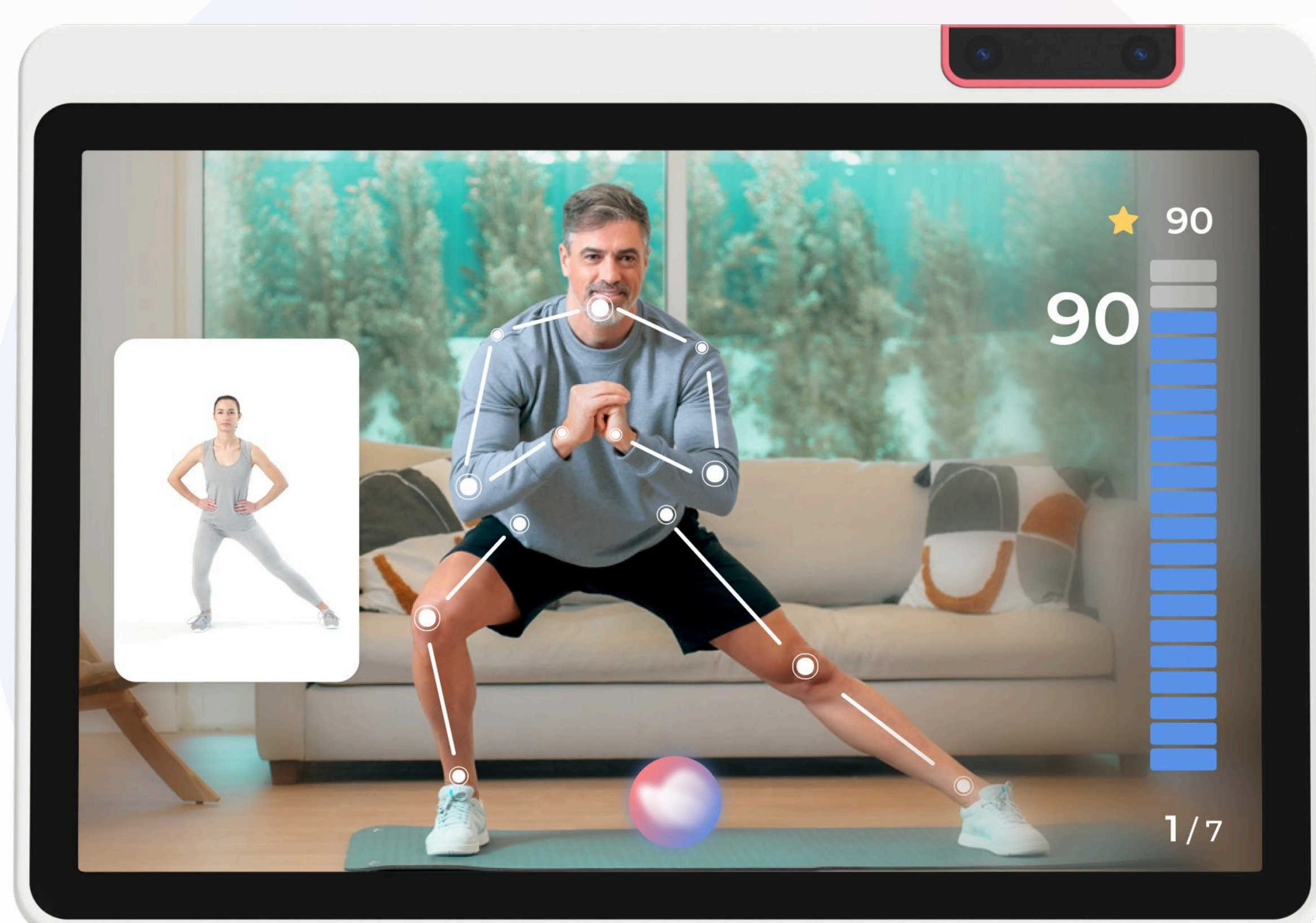
Get the Thrive kit

Receive your medical device at home for real-time feedback during sessions.



Begin your recovery

Complete your exercise sessions whenever and wherever most convenient to you.



Superior recovery and doubled therapy sessions

30%

better results than in-person physiotherapy

2x

more therapy sessions compared to in-person physiotherapy

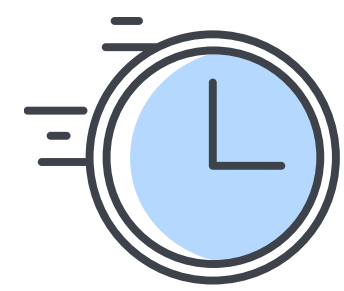
Up to **70%**

reduction in surgery intent

9.7/10

satisfaction score from members using Thrive

Recovery on your terms with expert guidance



Quick and easy access to physiotherapy

- Once referred, you can begin physiotherapy straight away – no waiting lists, no delays.
- Book your first consultation and get your medical device within 48 hours – ready to begin.



24/7 flexibility that fits your schedule

- Fit therapy around your life – no need to take time off work or rearrange your day.
- Contact your physio 24/7 for guidance and support.



No hidden fees, just simple care

- No travel, no hidden costs – everything is delivered to your door.

Start your personalised recovery today

Learn more at meet.swordhealth.com/thrive/zurich

Stories from real, Thriving members

“

I really had just accepted that neck pain was going to be part of my life since I didn't have the time to do physiotherapy, but the convenience of Sword has made relief possible.”

Sword Thrive member

“

My knee feels great! I'm amazed and honestly a little confused about how much the simple exercises helped. Thank you for giving me my movement back!”

Sword Thrive member

“

Yesterday was amazing. I ice-skated for two hours and got no pain in my knees!!! Something I can guarantee would not have happened in the past.

Sword Thrive member

See how Thrive works in action

[Watch a quick therapy demo](#)