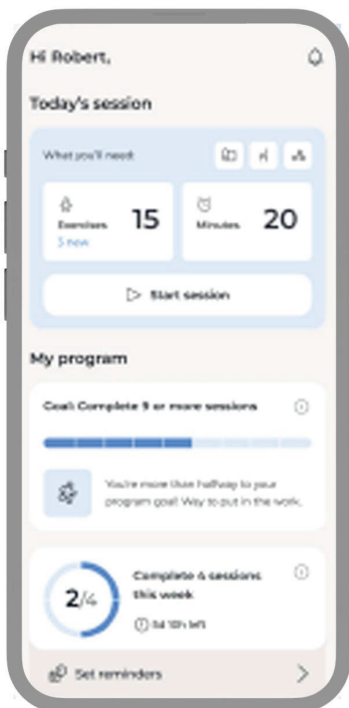


Get back to feeling good

Restore strength, stop pain and improve mobility from home with Digital Physical Therapy.



Overcome pain from home with a custom plan designed by a physical therapist with personalized content based on your goals, needs and progress.

How it works:

Access high-quality physical therapy in the HealthiestYou app.

- 1 Complete an online assessment.
- 2 A physical therapist will create a personalized program based on your goals and needs.
- 3 If necessary, you will receive a motion-tracking kit to provide real-time feedback.
- 4 Follow the program at the pace that's right for you.

Get started now

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