physical therapy

Physical Therapy (powered by orbit) delivers evidence-based MSK care that reduces pain, restores movement, and improves workforce productivity.

Virtual Physical Therapy program works alongside your major medical plan to deliver personalized treatment for the most common and costly musculoskeletal (MSK) conditions. Through easy digital access and clinically guided care, employees receive expert support to recover faster, avoid unnecessary procedures, and regain mobility without the barriers of traditional PT.



Service Highlights

- **1:1 access to certified PT coaches** via chat, text, or video for personalized care and guidance.
- **Personalized treatment plans** targeting pain relief, injury recovery, posture, and long-term movement health.
- **1,000+ guided movement routines** including mobility training, breathwork, and fascia-informed therapy techniques.
- **Access anytime, anywhere** eliminating commutes, scheduling delays, and traditional clinic barriers.

VIRTUAL PHYSICAL THERAPY ROI

82% reduction in pain
78% improvement in functional movement
80% fewer doctor visits and Rx
2.6:1 ROI for employers
87% member satisfaction

Reduce Musculoskeletal Healthcare Costs

MSK conditions are the #1 driver of employer healthcare spend. This helps reduce unnecessary surgeries, imaging, and specialist visits through early intervention.

Improve Recovery and Employee Productivity

Clinically guided care helps employees reduce pain, restore movement, and return to daily activities faster.

Increase Engagement in Care

Accessible digital therapy improves adherence to treatment plans and removes traditional barriers that prevent employees from completing physical therapy.

Member Support Line

855-226-6567

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Your health, your time