Virtual Environments

Virtual Reality in Rehabilitation

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Where We Are

- Evidence continues to grow indicating that virtual reality (VR) gaming is a suitable addition to traditional rehabilitation approaches (Stintzinger, York, Effertanz, & Murphy, 2021).

- Although this is an ever-growing market for the broader population, there has also been significant product development focused on its use in rehabilitation with a wide array of client populations.

Virtual Reality

- VR is defined as computer-generated images and sounds representing a place or situation in which one can take part.

- Studies are indicating VR gaming can be used for treatment to address challenging issues across a range of areas, including motor, process, and social skills (Simmons, Effertanz, & York, 2023).

- About 53 million US adults currently own a VR system. A recent study indicates a quarter of the respondents own a VR device. Additionally, about 1 in 5 US adults will likely purchase one in the next 12 months (Statista, 2023).
Meaning and Value

Therapists have noted that when clients find meaning and value in selected therapeutic activities, functional performance improves (Hustad et al., 1987).

There is growing evidence supporting this in which changes to brain structures were found in clients who participated in a 20-week intervention (Blal & a therapist's modality with increased in certain anger mastery measured in areas associated with the regulation and use of stress (Veale et al., 2000).

Virtual Reality
– Let's Look at Sarah and Ray

Shared Case Study – Let's Chat About Tom
Tom

- Tom is a 27-year-old male who has
  pursued a degree in music education in a
  local university and also enjoys playing
  various instruments.

- Tom is in the final year of his music
  education program, focusing on
  performances and composition. He has
  developed a strong passion for
  classical music and enjoys
  participating in several
  music festivals and
  competitions.

- Tom continues to
  practice and
  develop his skills
  on different
  instruments to
  expand his
  repertoire.

Thoughts on Tom So Far

- Tom has shown
  remarkable progress
  in his musical
  education.

- His dedication and
  hard work have
  contributed to his
  success in the field.

- Tom's contributions
  to the music
  community have
  been recognized.

- Future plans include
  pursuing a career in
  music education and
  possibly starting his
  own music school.