

# The **DREAMWEAVR** Experience Newsletter Summer 2017

## Four Ways VR is Improving Healthcare



In an article posted at [www.theconversation.com](http://www.theconversation.com) virtual reality is quickly being adopted to address common medical ailments, such as chronic pain, loss of mobility, and even cognitive decline thru immersive VR.

### Pain management

There is good scientific evidence that virtual reality (VR) can help relieve pain. The parts of the brain that are linked to pain are less active when a patient is immersed in VR, even in cases involving phantom pain for amputees.

### Physical therapy

VR can be used to track body movements, allowing patients to use the movements of their therapy exercises as interactions in a VR game. For example, they may need to lift an arm above their head in order to catch a virtual ball. It's more fun doing exercises in virtual reality than it is in a gym, so people are more motivated to exercise.

### Fears and phobias

If you have an irrational fear of something, you might think the last thing you need is to see it in virtual reality, however, this is one of most established forms of medical VR treatment. This is being used to treat phobias such as fear of heights and fear of spiders, but also to help people recover from post-traumatic stress disorder(PTSD).

### Cognitive rehabilitation

Patients with brain injury from trauma or illness often struggle with the everyday tasks that we take for granted. Recreating these tasks within virtual environments allows patients regain a higher level of cognitive function.



## VR used to treat Parkinson's & Alzheimer's

In an article posted at [www.khou.com/news/health](http://www.khou.com/news/health) an exposé on *Mynd VR*,

a virtual reality provider in the Plano, Texas community, details how VR is being used to help seniors residing at the Legacy at Willow Bend with ailments such Alzheimer's, Parkinson's. And even macular degeneration. The use of VR allows seniors to enjoy experiences that are no longer practical for them to pursue in real life. VR experiences have also been shown to help those experiencing depression brought on by the inability to stay active.

*Mynd VR* has been working with universities in the Dallas area to help study the benefits of VR therapy for seniors, and is planning on taking their services to communities throughout Texas and neighboring states.

## Study: VR Therapy May Reduce Pain



An article posted at [www.deccanherald.com](http://www.deccanherald.com) reports researchers at Cedars-Sinai Medical Centre conducted an experiment on 100 patients reporting chronic pain level of three or

higher on the zero to ten pain scale. Half of the patients experienced immersive virtual environments using virtual reality headsets, while the other half watched nature videos on a flat screen. The study shows that patients using VR reported a reduction in pain of up to 24%, while patients not using VR only reported experiencing a reduction in pain of 13%. The patients that were given BR therapy only had one 15 minute VR session to achieve these results. The study points out that the pain reduction is temporary, but repeated exposure to VR experiences could have more long lasting effects.

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