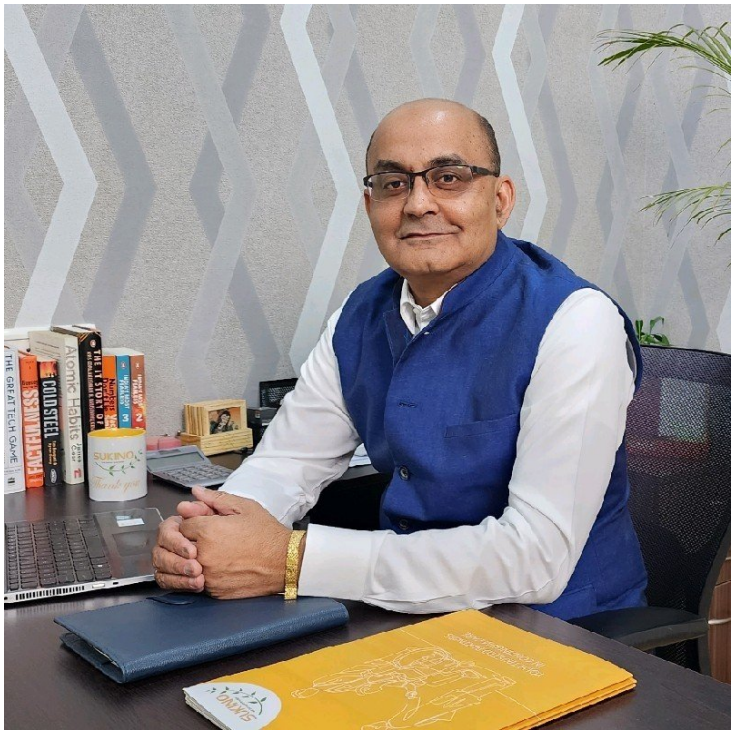
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How Virtual Reality is Revolutionising Rehabilitation

01 May 2024 | Views | By Rajinish Menon, CEO & Founder, Sukino Healthcare Solutions

Virtual Reality stands as a beacon of innovation in rehabilitation as its applications extend from neurological to addressing upper-extremity injuries and diseases. Future developments in this area suggest that virtual reality may play a significant role in rehabilitation therapy.



In 2018, diseases affecting the musculoskeletal system became the leading cause of outpatient rehabilitation forcing 74 per cent of women and 67 per cent of men in Germany to seek rehabilitation for upper extremity issues. This statistic underscores the critical role of rehabilitation in restoring the quality of life for individuals facing injuries and diseases in this domain.

Rehabilitation includes inpatient or outpatient interventions and subsequent services, making it a nuanced and long-term process. While, traditional rehabilitation includes physical therapy, psychological support, and activities like swimming or yoga; a new horizon has opened up for reshaping rehabilitation services, thanks to technology! At the forefront of this revolution is virtual reality (VR).

Virtual Reality in Rehabilitation

VR technologies create safe, interactive environments for human exploration and understanding. These environments prove especially beneficial for individuals with cognitive, behavioural, or motor disabilities. As a result, therapists, researchers, and engineers are collectively exploring the possibilities of virtual reality in the creation of rehabilitation tools and systems.

VR interventions go beyond the traditional bounds of rehabilitation, enabling patients to engage in goal-oriented activities within virtual environments. This becomes particularly crucial when dealing with upper-extremity dysfunctions resulting from injuries or diseases. Thus, the effectiveness of VR in neurorehabilitation has been extensively studied in conditions like cerebral palsy, stroke, etc.

Transforming Rehabilitation Landscape

VR offers a cost-effective alternative, allowing personalised treatment, fostering patient motivation, and improving compliance and functional recovery. Moreover, VR is commercially available and can be utilised for home-based rehabilitation, reducing the burden on healthcare professionals and providing patients with a tool for self-care.

As we delve into the possibilities, an exciting aspect emerges – integrating playful concepts with VR technologies. This entails presenting virtual environments on screens or through VR glasses, accompanied by auditory elements, mimicking the complexity of the real world. Combined with three-dimensional motion analysis, VR becomes a potent rehabilitation tool for the upper-extremity functions.

Rise of VR in Healthcare

The VR market in healthcare was valued at $628 million in 2022 and is projected to reach $6.2 billion by 2029, growing at a CAGR of 38.7 per cent. VR has become a key player in rehabilitation, offering advanced progress monitoring, controlled remote rehabilitation, and heightened patient motivation. Evidence supports the positive impact of VR-based programs like VirtualRehab, showing improvements in dynamic balance, static balance, fatigue scores, and anxiety levels.

Usability and Adoption

While VR programmes for rehabilitation show immense promise, challenges exist, especially concerning usability and adoption among elderly users. Addressing these issues, investments in usability testing methods such as cognitive walkthroughs and heuristic evaluations become crucial. Ensuring that VR programs are user-friendly and cater to the specific needs of the elderly population will enhance their effectiveness and acceptance.

Enhancing Efficacy, Accessibility & Engagement

Virtual Reality stands as a beacon of innovation in rehabilitation as its applications extend from neurological to addressing upper-extremity injuries and diseases. Future developments in this area suggest that virtual reality may play a significant role in rehabilitation therapy, enhancing its efficacy, accessibility, and level of engagement.

As we stand at the crossroads of healthcare and technology, marrying virtual reality with rehabilitation opens doors to a new era of patient-centric care. The journey towards a more automated, data-driven, and cost-effective rehabilitation process is underway, driven by the transformative power of virtual reality. Welcome to the future of rehabilitation, where reality is virtual but the impact is real.

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