

XRHealth Case Study

VR therapy helps senior adult improve function and reduce pain after years of chronic cervical pain



Name: Ellen

Age: 70

Overview:

Ellen experienced cervical pain consistently over the last 3 to 4 years. Ellen's XRHealth licensed therapist diagnosed her with cervicalgia and lower back pain. Her therapist set short and long-term goals and set a plan of care to use VR therapy 2x/week for 8 weeks. After 8 weeks, Ellen experienced overall improvements according to self-reported and objective measures.

Plan of Care:



PT telehealth visits
2X per week



8 weeks of treatment

XRHealth Applications:



Balloon Blast



Rotate

Initial Findings from PT Evaluation

Diagnosis

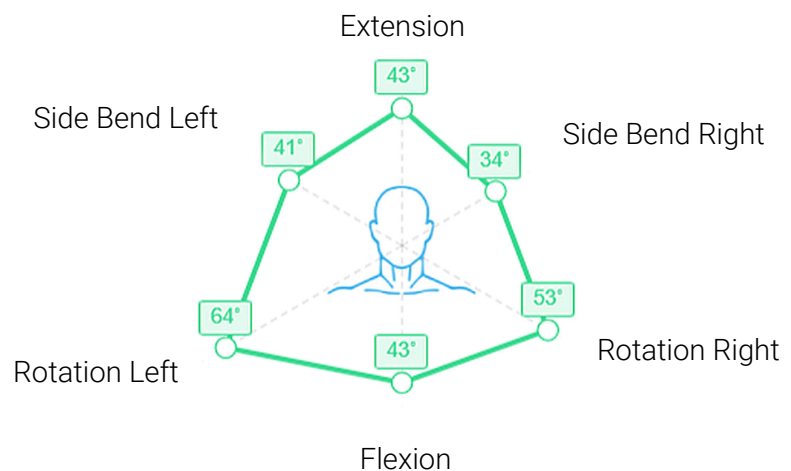
Low back pain (M54.5) and Cervicalgia (M54.2)

Limitations

- Impaired posture: increased thoracic kyphosis, rounded shoulders, and forward head posture
- Reduced mobility due to the pain
- Impaired cervical ROM, limited due to pain
- Impaired muscle strength
- Seated position aggravates pain significantly; pain effects ability to sit for prolong periods

Function

- Patient reports difficulty standing for more than 10 min to make a simple meal due to pain
- Patient reports difficulty sitting for 10 minutes to do sewing due to pain
- Patient reports decreased walking endurance due to the lower back pain

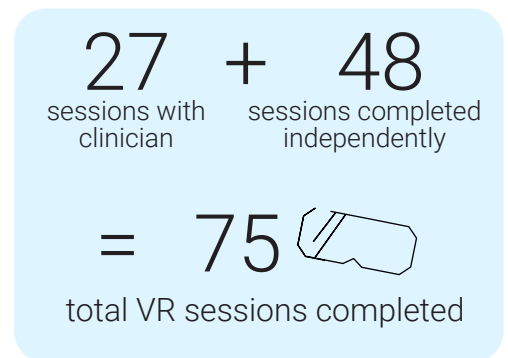


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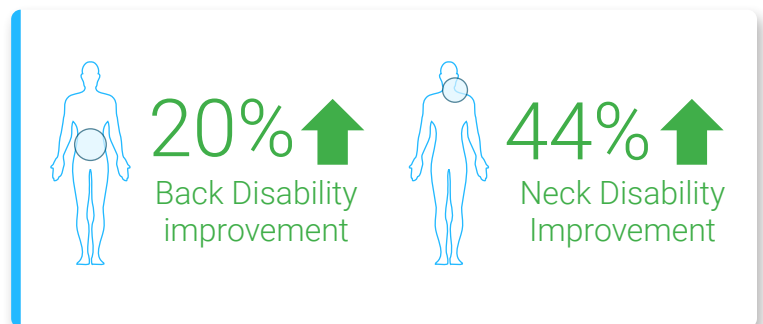
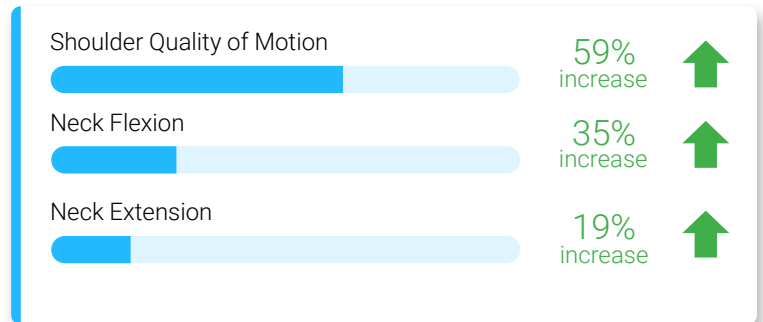
Outcomes:

	Initial Eval	Discharge	% Change
Flexion	43	58	35% ↑
Extension	43	51	19% ↑
Side Bend Right	34	44	29% ↑
Side Bend Left	41	37	-10% ↓
Rotation Right	53	69	30% ↑
Rotation Left	64	70	9% ↑



Goals achieved:

-  Increased shoulder movement and quality of motion
-  Increased neck movement
-  Patient reported increased function - can cook a simple meal due to increased standing tolerance and can walk further
-  Desire to continue using XRHealth for ongoing maintenance and wellness
-  Consistently high engagement and compliance with the VR technology



Patient Feedback

"I've done physical therapy many times, never sticking with it. But with XRHealth and this headset, I love it!"

★★★★★

"It's so much fun to be a gamer and get better at the same time."

★★★★★

"I would love to stay with this indefinitely."

★★★★★

For more XRHealth patient success stories, visit www.XR.Health