

## Case Study

VR therapy helps child with ASD improve function and lose weight within two weeks of starting his VR program



Name: Joshua\*

Age: 14 years

Joshua\*, 14 years old, has experienced reduced physical activity over the last couple of years due to reduced social and community participation.



2 PT telehealth visits per week



Balloon Blast



Rotate



Color Match

## Treatment Overview

Joshua\*'s XRHealth licenced therapist has been treating him with an aim to progress his NDIS plan goals of receiving support to help manage his abilities and anxieties, and to help build his gross motor skills to help him increase his independence.

His therapist set short and long term goals, and set a plan of care to use VR therapy 2 x per week.

### Diagnosis

ASD (Level 2), PTSD, sensory processing disorder

### Limitations

Reduced muscle strength  
Reduced cardiovascular endurance  
Sedentarism  
Hypermobility

### Function

Patient reports having anxiety with interacting with lots of people or communicating and keeping conversation going with non-family members.

Patient reports reduced ability to perform exercise to a great degree due to being unfit.

12 sessions with clinician





3 independent sessions

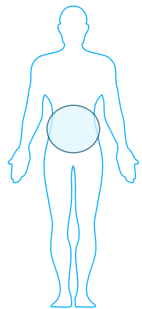
15 total sessions

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### Goals Achieved

-  Patient reported increased function - able to perform exercises without getting out of breath
-  Desire to continue using XRHealth for ongoing maintenance and wellness
-  Consistently high engagement and compliance with the Virtual Reality technology
-  Patient finds the apps fun and engaging - he loves beating his own high scores



6kg ↓  
Weight Loss



26% ↑  
Response Time



10% ↑  
Quality of Movement

