

Patient Success Story

VR therapy helps 38-year-old mother gain more energy and reduce pain & anxiety from IC and Fibromyalgia



Name: Kim*

Age: 38

Overview:

Kim reported back pain from her low back to neck. She was limited by her pain in many aspects of life, resulting in increased anxiety at times.

Plan of Care:



2 OT telehealth visits per month



6 weeks of treatment

XRHealth Applications:



Balloon Blast



Rotate



Relax 8



Luna



Re-Act



Mindset

Initial Findings from Evaluation

Diagnosis

Back pain (M54.9)

Interstitial Cystitis (N30.10)

Fibromyalgia (M79.7)

Limitations

- Difficulty with walking and stairs
- Getting in and out of bed
- Dressing and bathing
- Caring for her children

Function

- Inability to work
- Poor sleep
- Poor hygiene
- Decreased family time
- Decreased participation in leisure activities
- Inability to manage a home, such as cooking and cleaning
- No social participation outside the home

5 

Sessions with clinician

+ 75 

Independent sessions

= 80 

Total sessions

6.45 

hours spent in VR

*Patient identification has been changed. Real patient outcomes.

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Patient Feedback



More energy:

Kim reported having **more energy** and eagerly wanted to do **more activities** as she was feeling better



Less pain:

Kim reported experiencing a bad muscle spasm during the plan of care; however, the next week she reported having **one of the best days in a long time**



Improve function:

Kim showed **overall improvement** in her daily functions

“I have IC and Fibromyalgia, which causes me a great deal of pain. I take meds and have tried different ones to help; I also have an Interstim in my back. One of my doctors recommended XRHealth, and I was able to try. It is a miracle device. At first, I was not sure, but my husband noticed a difference right away. Going on my second month and my pain in my neck, shoulders, back has decreased. In addition, I am out of bed and being more productive, and I am not as depressed either. This device has been a blessing. I love nature, [it allows me to] see places I probably will never see in person.” – Kim

Outcome Questionnaire Scores

29% ↓

pain severity

23% ↓

pain interference

29% ↓

Oswestry
Disability Index

For more information, please visit www.XRHealth.com.au