

Virtual reality in rehabilitation

Snapshot dated 28 September 2026

Summary by ParkinsonVRMove. This sheet preserves our presentation of the reference; it does not reproduce the full article.

Cochrane systematic review · 2016 · 8 studies, 263 participants

Virtual reality for rehabilitation in Parkinson's disease — Dockx and colleagues.

Findings: the review suggests a possible advantage in step and stride length compared with physiotherapy. Effects on walking, balance and quality of life may be similar to those of other active interventions.

Limitations: the evidence was rated low or very low quality. The studies were small and used varied equipment, including Wii and Kinect. This 2016 review is not an evaluation of Beat Saber.

Sources and identifiers

Read the Cochrane summary

https://www.cochrane.org/evidence/CD010760_virtual-reality-technology-useful-tool-rehabilitation-parkinsons-disease

DOI

<https://doi.org/10.1002/14651858.CD010760.pub2>

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