

# CAREN and aquatic tai chi: walking and balance

Snapshot dated 28 September 2026

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

Randomised trial · 2026 · 50 participants, 40 completed the trial

Zhang and colleagues — *Archives of Physical Medicine and Rehabilitation*, published online on 28 August 2026. DOI: 10.1016/j.apmr.2026.08.014.

**What was studied:** virtual reality gait training with the CAREN rehabilitation system was compared with aquatic tai chi in people with Parkinson's at stages 2–3 and with impaired balance. Training consisted of five 40-minute sessions a week for 12 weeks.

**Findings:** both groups improved. At the end of training, CAREN achieved better results on several measures of motor function, walking and balance. At 24 weeks, approximately three months after training ended, some advantages remained, including balance and gait symmetry.

**Limitations:** a small sample, ten participants who did not complete the trial, and follow-up limited to 24 weeks. CAREN is a specialised rehabilitation system; these findings do not establish the same benefits for Beat Saber or the headsets used by our club, or a slowing of disease progression.

## Sources and identifiers

Read the study abstract on PubMed  
<https://pubmed.ncbi.nlm.nih.gov/42665222/>

DOI  
<https://doi.org/10.1016/j.apmr.2026.08.014>

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