Virtual reality (VR) can be used as a purposeful and beneficial intervention with multiple pediatric and adult populations to increase their success and independence in their daily lives. VR interventions are purposeful and task-oriented as they simulate real-life situations that incorporate functional motor and cognitive skills in a safe and controlled environment where the therapist can grade the task appropriate to the patient’s abilities (Ferguson, 2019; Prasad, Aikat, Labani, Khanna, 2018). VR can improve a patient’s functional movement, motor planning, balance, cognition, attention, and visual-motor skills in a meaningful and motivating intervention (Yates, Kelemen, Sik Lanyi, 2016). The main occupation of children is play and virtual reality is a fun and motivating intervention for children that can be challenging and fun while increasing their independence.

### REFERENCES


What is the effectiveness of using virtual reality on upper extremity rehabilitation in pediatric and adult populations?