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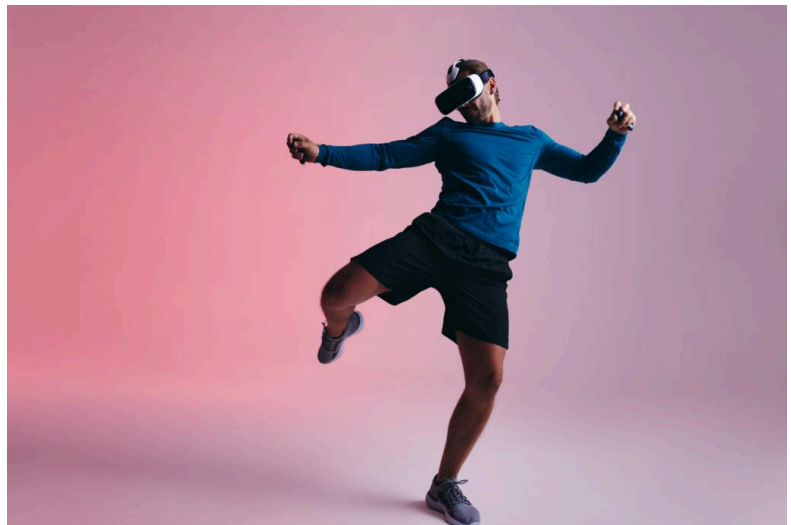
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Can VR Help Athletes

We live in an age of technology and even if we don't have access to it I'm sure nearly everyone has heard about virtual reality (VR), a technology capable of transporting us to another world through a pair of goggles. At first VR was more of a game thing but now in recent times it has begun helping us with much more including some jobs and possibly athletes in the future.

Virtual reality has been recently proposed to help injured athletes safely exercise and as a possible way to help them recover and slowly reintroduce sports back into the lives of injured athletes. Another way virtual reality can help athletes is with older athletes who have diseases like CTE. Virtual reality can be a way for them to detach from reality yet still play the sports they enjoy in a safe manner.



Some of the world's top sport teams are already incorporating Virtual reality into their training programs as a way to prevent physicality when training. In the future there will be future graphical improvements to VR games in order to make them more realistic so then

athletes can practice sport in the virtual world which resembles the real world and which could prevent injury and be much easier to do in general.

Virtual reality is one of this decade's most innovative inventions, which could potentially in the future aid athletes suffering from injuries and/or motor-impairing diseases.

Work Cited

Brownlee, Tom. "Virtual reality for sports training : Can VR really help athletes?"
scienceforsport.com, 20, December, 2023.

<https://www.scienceforsport.com/virtual-reality-for-sports-training/>