

1. Immediate Effects (First 1-4 Weeks)

Physical Experience:

- **Session Routine:** 20-30 min/day wearing the headset
- **What They Feel:**
 - Tingling in residual limb when virtual hand moves
 - Gradual decrease in "burning" or "cramping" phantom pain
 - Possible mild dizziness (like VR gaming)

Psychological Impact:

- Hope from seeing a limb respond to their thoughts
 - Frustration if EEG control is tricky at first (like learning a new skill)
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2. Medium-Term (1-6 Months)

Positive Changes:

- 30-50% less pain medication needed (proven in similar studies)
- Improved sleep (no night pain waking them up)
- Better mood from regained control

Challenges:

- Some report missing the virtual limb after sessions ("like losing it again")
 - Requires discipline to maintain therapy schedule
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3. Long-Term Outcomes (6+ Months)

Success Cases:

- Brain scans show reduced "pain center" activity
- Faster prosthetic adoption (if applicable)
- Ability to manage pain with occasional "booster" sessions

Limitations:

- Won't work equally for everyone (about 15% see minimal improvement)
 - Still requires other therapies (like physical rehab)
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Patient Journey Example

Week 1: Struggles to control virtual hand, but pain drops 20%

Month 2: Uses VR effortlessly, reduces opioids by half

Month 6: Only needs VR weekly, focuses on prosthetic training

Key Realities to Communicate

1. **Not a Cure-All:** Works best combined with counseling/physical therapy
2. **Requires Active Participation:** More than just wearing the headset
3. **Progress Isn't Linear:** Some bad pain days still expected