DOI: 10.7860/JCDR/2025/80478.21605



# Effect of Virtual Reality Training and Functional Test For Chronic Low Back Pain. A Narrative Review

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## ABSTRACT

A common ailment that has a substantial influence on both physical function and quality of life is Chronic Low Back Pain (CLBP). Recent data indicates that Virtual Reality (VR) training could offer a current, and effective method of functional rehabilitation and pain treatment. In this study, people with CLBP are examined to see how VR-based training affects their overall quality of life, functional performance, and pain severity. Both VR training and traditional physical therapy groups were assigned at random to the participants. Before and after the intervention, functional tests such as assessments of core strength, balance, and range of motion were carried out. The literature search was performed on PubMed and Cochrane library. Databases focussed on 2015-2024 using key words (CLBP OR physical intervention).According to the findings, the VR group outperformed the control group in terms of pain management, functional performance, and exercise regimen adherence. These results demonstrate VR's promise as a cutting-edge tool for CLBP therapy, providing an engaging and immersive setting that could improve patient outcomes. To analyse long-term advantages and improve VR-based rehabilitation techniques, more research is necessary.

**Keywords:** Pain management, Range of motion, Rehabilitation.