



## User Guide:

# Mind & Motion

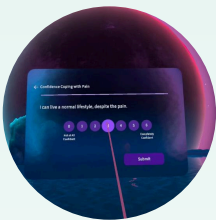
VR App for Pain Management

## What is Mind & Motion?

Mind & Motion is designed to support you on your journey with chronic pain. Using virtual reality, the program gently guides you through movement, calming practices, and easy-to-understand explanations of how pain works in the brain and body. The goal is to help you feel safer in your body, more in control, and less overwhelmed - one small step at a time.

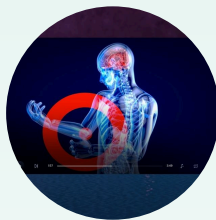
## How Does It Work?

You'll go through an 8-week journey- Each week unlocks a new session. Each session lasts around 20–30 minutes and includes:



### Assessment

Short, simple questions to help the app get to know your pain, how it affects your life, and how confident you feel managing it.



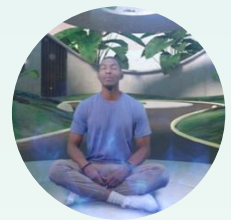
### Learning

Easy-to-understand videos that explain how pain really works in the brain and body - helping you make sense of what you feel.



### Movement

Fun and immersive exercises that get you moving, focused on different body areas. Each session includes a quick range of motion check before and after.



### Mindfulness

Guided breathing and awareness practices in calming VR environments - helping you relax your nervous system and feel more in control.



## Disclaimer

Mind & Motion includes physical activity in standing in virtual reality.

Make sure you're in a safe indoor space (at least 10x10 ft / 3x3 meters), free of obstacles.

If you feel dizzy, unwell, or uncomfortable - stop the session immediately and reach out to your clinician.



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### Step-by-Step Guide for First-Time Users

1.

**Select Mind & Motion** from the XR Portal Library.

Note: The app must be activated by your clinician or coach.  
Can't start? Reach out to them.



2.

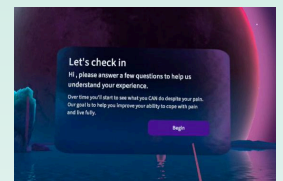
**Watch the first time tutorial.**

[Click here](#) to watch it now.



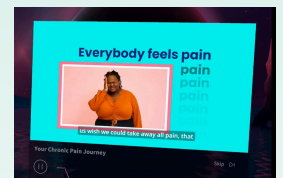
3.

**Answer the assessment questions** to help the app get to know you better and track your progress.



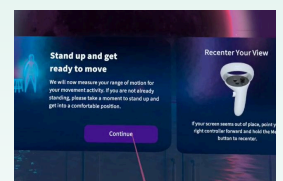
4.

**Watch your first video** explaining your chronic pain journey.



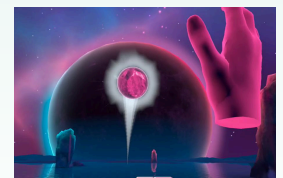
5.

**Take your first Range of Motion (ROM) test** – follow the on-screen instructions.



6.

**Play!** Follow the guidance through your first movement session. You'll practice throwing a ball, following a ribbon with your head/hands, and taking steps. You'll finish with another ROM test.



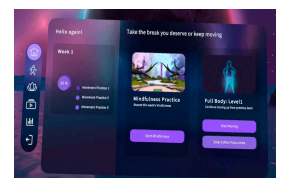
7.

**Follow** your first mindfulness practice.



8.

**You're all done!** You'll now be taken to the Home screen.



Note: To exit the application, press the Meta button on your right controller and select "Quit."



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## Your 8-Week Journey

Here's a week-by-week look at what you'll experience in the program:

	Learn	Movement	Mindfulness	Estimated Duration
<b>Week 1</b>	The chronic pain journey	Movement (selected body area and level)	Intro to mindfulness	~25 min
<b>Week 2</b>	Your body alarm system	Movement (selected body area and level)	Breathing	~20 min
<b>Week 3</b>	Adjusting your alarm with movement	Movement (selected body area and level)	Conscious awareness	~22 min
<b>Week 4</b>	Adjusting your alarm with mindfulness	Movement (selected body area and level)	Mindful attention	~25 min
<b>Week 5</b>	Pacing	Movement (selected body area and level)	Connection	~22 min
<b>Week 6</b>	Waiting to feel better	Movement (selected body area and level)	Mindfulness of emotions	~22 min
<b>Week 7</b>	Sometimes discomfort is worth it	Movement (selected body area and level)	Grounding	~28 min
<b>Week 8</b>	Maintenance	Movement (selected body area and level)	Mindful observation	~22 min

*\*You're encouraged to complete 2 extra movement practices each week (total: 3 per week).*

### 💡 What to Expect When You Open the App

- Each week when you open the app, you'll go straight into that week's session - no need to choose or search.
- You won't be able to skip ahead, but once you complete the full session, you'll arrive at the Home screen, where you can explore, repeat practices, or go at your own pace.
- If you skip a week, it will resume from where you left off.