

Contraindications to using VR

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Virtual reality (VR) experiences can be engaging and immersive, but certain medical conditions may preclude individuals from safely participating in them. It's important to note that individual responses to VR can vary, and decisions should be made in consultation with healthcare professionals. Some medical conditions that might pose concerns include:

- **Epilepsy and Seizure Disorders:** Some VR content may include flashing lights or rapidly changing visuals that could potentially trigger seizures in individuals with epilepsy or other seizure disorders.
- **Motion Sickness and Vestibular Disorders:** VR can induce motion sickness in some individuals, especially when there is a mismatch between visual and vestibular (inner ear) cues. People with vestibular disorders may be more susceptible to discomfort.
- **Mental Health Conditions:** Individuals with certain mental health conditions, such as anxiety disorders or phobias, may find VR experiences overwhelming or triggering. It's essential to consider the content and its potential impact on mental health.
- **Cardiovascular Conditions:** People with severe cardiovascular conditions or a history of heart problems may be advised to avoid VR experiences that involve intense physical activity or sudden movements.
- **Neurological Conditions:** Some neurological conditions, such as migraines or other types of headaches, may be exacerbated by VR. People with neurologic conditions should consult with their healthcare providers before engaging in VR.
- **Vision Problems:** Individuals with significant vision impairments or certain eye conditions may not fully benefit from VR experiences. Additionally, prolonged use of VR may cause eye strain or discomfort.
- **Pregnancy:** While there is limited research on the effects of VR on pregnancy, caution is advised. Pregnant individuals may want to consult with their healthcare providers before engaging in VR, especially if it involves intense physical activity.
- **Age-Related Concerns:** Young children may be more susceptible to the potential negative effects of VR, and guidelines for age-appropriate use should be followed. Additionally, older adults may have conditions such as balance issues that could be aggravated by VR.

It's crucial for individuals to discuss their medical history and any concerns with their healthcare providers before engaging in VR experiences. Additionally, adhering to recommended age guidelines for VR use, taking breaks, and monitoring for any adverse reactions can contribute to a safer experience.