Physical rehabilitation is a broader term compared to physical therapy. It encompasses various professions aimed at helping individuals restore their physical abilities. Depending on your specific needs, you may interact with multiple professionals or just one. Each profession within rehabilitation has its unique approach. They will tailor a treatment plan specifically for you, considering your goals and requirements.

In summary, rehabilitation and physical therapy are vital aspects of healthcare that aid individuals in recovering physical function and independence after injuries or disabilities. Rehabilitation encompasses a holistic approach, addressing physical, cognitive, and emotional needs, while physical therapy concentrates on musculoskeletal conditions within this broader framework. Combining these fields ensures a comprehensive approach to care, crucial for patients' recovery and return to their regular activities.

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THE USE OF VIRTUAL REALITY TECHNOLOGIES IN REHABILITATION AS AN IMPORTANT TOOL FOR THE RECOVERY OF PATIENTS

Currently, the problem of the mass need for physical rehabilitation after diseases and injuries has reached huge proportions. Accordingly, medicine is constantly evolving, incorporating information technologies into practice. Since the early 1970s, medicine has started a partnership with computer programs to address various clinical challenges [2]. One of the most interesting areas of modern rehabilitation is treatment using virtual reality systems.

VR therapy uses immersive virtual environments, that simulate real-life scenarios through visual and auditory channels for rehabilitation purposes. This approach is actively used during the treatment of individuals who have suffered

from stroke, burns, craniocerebral trauma, or injuries to the musculoskeletal system, as well as those who suffer from numerous chronic diseases. In addition, the use of virtual reality has shown great effectiveness in the treatment of patients with Parkinson's disease, as well as in the rehabilitation of children with cerebral palsy.

By analyzing present-day research on the use of virtual technologies, it turns out that the results of such treatment are similar or superior to conventional physical therapy or home-based exercises, with the additional benefit of improving motivation for the exercise program [1].

The use of virtual technologies in physical therapy opens up new horizons for quality improvement and efficiency of treatment. These innovative methods not only make the recovery process more available and exciting, but also allow us to individualize therapy programs with regard to the specific needs and capabilities of each patient. Virtual reality, therefore, not only helps in recovering lost functionality, but can also provide a means to reduce pain and stress. VR technologies differ in the possibility of high-quality monitoring. They are able to exactly track movements and keep an eye on the patient's progress. It greatly facilitates the work of the therapist. However, some problems with VR therapy have been revealed, including the discomfort caused by the weight of the headset and cybersickness [3]. It is also necessary to take into consideration the issue of the high cost of equipment and its technological limitations. The use of virtual reality systems is limited now due to the significant costs required to implement them, making them unaffordable for many users. With further research in this area, we can expect and hope to improve this treatment method, helping more people to return to full and active lives.

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