

### **USE AND SIDE EFFECTS OF THE OCULUS (Optional Use)**

To further enhance the experience on the decompression table, we offer the use of the Oculus for a relaxing virtual experience during your treatment. However, you may experience some of the following effects/conditions, which we are bringing to your attention.

**Use Only When Unimpaired.** A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are experiencing any of the following (as it may increase your susceptibility to adverse symptoms):

- Tired;
- Need sleep;
- Under the influence of alcohol or drugs;
- Hung-over; • Have digestive problems;
- Under emotional stress or anxiety; or
- When suffering from cold, flu, headaches, migraines, or earaches.

**Seizures.** Some people (about 1 in 4000) may have severe dizziness, seizures, eye or muscle twitching or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV, playing video games or experiencing virtual reality, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy. Such seizures are more common in children and young people. Anyone who experiences any of these symptoms should discontinue use of the headset and see a doctor. If you previously have had a seizure, loss of awareness, or other symptom linked to an epileptic condition you should see a doctor before using the headset.

**Interference with Medical Devices.** The headset and controller(s) may contain magnets or components that emit radio waves, which could affect the operation of nearby electronics, including cardiac pacemakers, hearing aids and defibrillators. If you have a pacemaker or other implanted medical device, do not use the headset and controller without first consulting your doctor or the manufacturer of your medical device. Maintain a safe distance between the headset and controller and your medical devices. Stop using the headset and/or controller(s) if you observe a persistent interference with your medical device.

**Discomfort.** Immediately discontinue using the headset if any of the following symptoms are experienced:

- Seizures;
- Loss of awareness;
- Eye strain;
- Eye or muscle twitching;
- Involuntary movements;
- Altered, blurred, or double vision or other visual abnormalities;
- Dizziness;
- Disorientation;
- Impaired balance;

- Impaired hand-eye coordination;
- Excessive sweating;
- Increased salivation;
- Nausea;
- Lightheadedness;
- Discomfort or pain in the head or eyes;
- Drowsiness;
- Fatigue;
- Any symptoms similar to motion sickness.

Just as with the symptoms people can experience after they disembark a cruise ship, symptoms of virtual reality exposure can persist and become more apparent hours after use. These post-use symptoms can include the symptoms above, as well as excessive drowsiness and decreased ability to multi-task. These symptoms may put you at an increased risk of injury when engaging in normal activities in the real world.

Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences (i.e., activities in which experiencing any symptoms could lead to death, personal injury, or damage to property), or other activities that require unimpaired balance and hand-eye coordination (such as playing sports or riding a bicycle, etc.) until you have fully recovered from any symptoms. • Do not use the headset until all symptoms have completely subsided for several hours. • Be mindful of the type of content that you were using.

If you wish to read the complete guide to the Oculus, we will be happy to provide you with a copy prior to your use.

By signing this document, you are aware and agree to the use of the Oculus.

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(Date)

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(Patient's Name)