



IVS4 USER EXPERIENCE

Clinic Valens, Switzerland

From Virtual to Real Dancing
CRPS 2 Lower Limb
Rehabilitation

From Virtual to Real Ballet Dancing: User Experience Dessintey IVS4 CRPS 2 Lower Limb Rehabilitation

Pain and suffering associated with CRPS was the most devastating, frightening and challenging experience in my life. The burning, squeezing, needling, hammering, swelling, coloring of the foot, stress fractures, the inability to walk, move, or even sleep due to the intolerable pain for almost a year was a nerve cracking experience, taking all and utmost of energy and of (former) life. The constant level of pain nails you and changes life drastically, from a so-called high performer in job and passionate ballet dancer to a quasi-invalid. CRPS 2 diagnosis was made once after a conventional Hallux Valgus foot operation with local nerve blocker damaging tibial nerve motoric and peroneal nerve sensory.

CRPS pain consumes all energy and it is hard not to lose faith for recovery. Beside pain and suffering, the uncertainty on how this illness may evolve makes it even worse. Lack of golden standard for medical treatment, doctors in their desperation spoiling with all sorts of opiates and anticonvulsants, reluctance of health insurance to cover new state of art treatments or clinic rehabilitation, challenge to establish an ambulant multidisciplinary competence team of experts as well as increasing pressure to return to work with additional insurance burden coming along with this illness.

It took almost one year, another dramatic deterioration, that health insurance finally approved an inpatient rehabilitation in Clinic Valens. I called it my last hope!

Thanks to the multidisciplinary team in Clinic Valens, my extremely professional and highly motivated physiotherapist, the personalized treatment with technology of Dessintey “Intensive Visualization Simulation (IVS4)” and the positive spirit of Valens miracle happened:

I assume it was the fact that I was a former passionate ballet dancer and that during this one year of suffering, only one deep dream in my life was remaining “to dance ballet again”! I was familiar with techniques of visualization from sports practice as well as medical hypnosis for pain management. So then in Valens, it was Dessintey IVS4 that made me finally „see“ dance again, which emotionally profoundly touched me, triggered my brain to rewire and to diminish the chronic pain memory. I may describe my first IVS4 session as follows:

“It was so real that I instantly felt the joy of what I missed for such a long time, moving my body! Seeing me moving my feet was highly emotional, a pure deep feeling and sensation throughout my whole body, tears in eyes - seeing my foot in a ballet position and in dance movements, made me feel that my foot is becoming finally mine again.”

The treatment with IVS4 was my “buy-in” to the rehabilitation in Clinic Valens. I sensed that I was finally at the right place with IVS4 as a highly potent rehabilitation method at hand, making my recovery happen.

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I worked with my physiotherapist on the most suitable and personalized IVS4 rehabilitation practice to allow for best rehabilitation effects. To trigger realistic dance feeling and sensation during IVS training, I dressed in ballet clothes, observing the recordings while listening to ballet music.

Over time I recorded about 40 IVS4 ballet sessions, from very basic ballet movements to more advanced, complex ballet sequences.

The build-up of IVS4 rehabilitation encompassed four phases, all in ballet dressing and listening to ballet music: 1) observation IVS4 only 2) mimicking while observing IVS4 3) executing while observing IVS4 4) executing on real ballet barre without IVS4. I called it my rehab path from “Virtual to Real Ballet Dancing”.

The IVS4 training time and sequence rapidly increased over the six weeks rehabilitation, starting with 3-5 times of maximum five-minute sessions per day, up to several longer sessions, up to one full hour of properly executing dancing routine while observing IVS4.

I even recorded my IVS4 sessions with my mobile adding ballet music to videos. I recorded all tree IVS screens as well as my feet only exercising in front of IVS4. Videos helped once more “seeing me dance” and most importantly “seeing my rehabilitation progress” over time. This was another positive stimulus to my brain as well as a big motivator to continue my IVS4 practice.

Beside IVS4, my rehabilitation consisted of MTT, endurance training, stretching, yoga as well as dedicated footwork for ankles, arch, foot muscles to build on overall strength, flexibility, stability,

balance and control of full body, not only my foot. This build-up constituted the prerequisite to enable the switch from “Virtual to real ballet dancing”.

During my six weeks of rehabilitation, the pain drastically decreased and CRPS2 symptoms overall improved. I benefited from good night sleep and restorative rest after one year without proper sleep. Interestingly, I even started dreaming of my IVS4 ballet dance trainings, which shows evidence how profound IVS4 operates. I finally managed walks of about 10.000 steps in sport sneakers, having checked-in in post-ops-reha shoe which I wore for one year.

After six weeks of rehabilitation in Clinic Valens with Dessintey IVS4 trainings, I continued as an outpatient with another three weeks of three days per week IVS4, followed by weekly IVS4 trainings. This out-phasing may ensure brain and body to switch from virtual to real dancing workout back in my homeplace.

I may summarize my healing journey in Valens as follows:

„I checked in in my post-operation rehabilitation shoes, in pain and desperation. I checked out in my sport sneakers and inspired to dance ballet again!”



My thanks go to Clinic Valens and to Dessintey!