

# Online Brain-Training Games

- May be fun and engaging
- Target skills such as attention, memory, problem-solving
- Customizable appearance and level of difficulty

## Pros

- Lack of scientific evidence supporting benefits

## Cons

- Skills may not transfer to daily activities
- Prolonged use may cause physical strain



From "Brain Gaming: A User's Product Guide for the Clinician," *Archives of Physical Medicine and Rehabilitation*, August 2016, by VA researchers and colleagues.

Read more at [www.archives-pmr.org/article/S0003-9993\(16\)00161-1/fulltext](http://www.archives-pmr.org/article/S0003-9993(16)00161-1/fulltext).

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