

Getting ready for your video therapy visit

Your therapist will watch and measure how you move during the call. A few minutes of setup helps them see the whole movement clearly.

1 Charge your device and check your connection

A phone, tablet or laptop with a camera all work. Charge it or plug it in, sit near your Wi-Fi router, and close other apps.

2 Prop the camera up so it stays still

Lean it on a shelf, books or a stand. Don't hold it. For standing movements, set it at about shoulder height. For knees, ankles or lying down, lower it to the joint.

3 Step back until your whole body fits

Head to feet with arms raised, plus a little space. Usually about 2 to 3 meters (6 to 10 feet) away. Your therapist may ask you to come closer for one joint.

4 Hold the camera level

Keep it straight, not tilted up or down. Upright (portrait) for standing, sideways (landscape) for lying down.

5 Put the light in front of you

Light in front of you, a little above the camera. A bright window behind you turns you into a silhouette.

6 Use a plain background

A plain wall or door works best. Move clutter out of view.

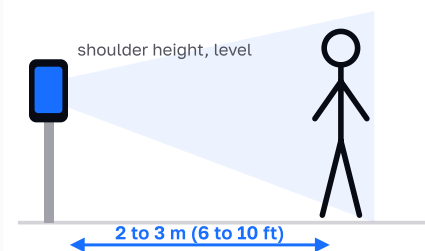
7 Wear clothes that show the joint

Fitted, plain clothes that stand out from the wall. No stripes. Tank top for shoulders. Shorts, no shoes or socks, for hips, knees and ankles.

VISIT DATE AND TIME

YOUR THERAPIST

VIDEO LINK OR APP



Camera still, level and side-on or front-on as your therapist asks. Whole body in view.

Stay safe

- Clear about 2 m of floor (3 to 4.5 m to walk). Move rugs and cords.
- Keep a sturdy chair or counter within reach.
- If your balance isn't steady, have someone at home with you.
- Stop and tell your therapist if anything hurts.

During the visit

- Face the camera, face away or turn sideways when asked.
- Move slowly and hold the end of each movement for a moment.
- Leave the camera where it is.

NOTES FROM YOUR THERAPIST
