



TIP 1

Attire

Wear loose-fitting clothing and sneakers to move comfortably. If possible, wear clothing that allows the therapist to view the part of your body that is weakened or injured.



TIP 2

Space

Please arrange a spot in your home, such as a bedroom, workout space or living room, with room to move around and perform your exercises.



TIP 3

Grab an Assistant

If possible, arrange for a family member or friend to hold your device. This will allow you to focus on the exercise and follow the therapist's instruction. Otherwise, find a way to prop it up. Make sure the camera is angled to spotlight the injured body part.



TIP 4

Volume & Lighting

Check that your device's volume is on and you have adequate lighting. If someone is holding your device, make sure they are not covering the speaker or the microphone.



TIP 5

Plan Ahead

Make a list of questions or concerns ahead of time and make a list of equipment that you have at home that could be useful for your treatment. This will allow us to use our time together most effectively.



TIP 6

Get Ready to Start Your Visit

Treat this visit as if you were in the therapist's office. Please start your visit at the scheduled time. Try to eliminate any distractions. Stretch and relax beforehand.