

# Strategies to Maximize your Virtual Physical Therapy Visits

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## How do I prepare for my video visit session?

Choose a space for your video visit. It should be:

- Safe
- Comfortable (including clothing)
- Private
- Well-lit
- Make sure you have an updated internet browser such as Chrome or Firefox and a strong internet connection (recommend at least 20 Mbps)
- It is best to stream in the same room or above your router unless you have wi-fi capability in the basement.
- Located in the State of Michigan (due to state law and regulations)

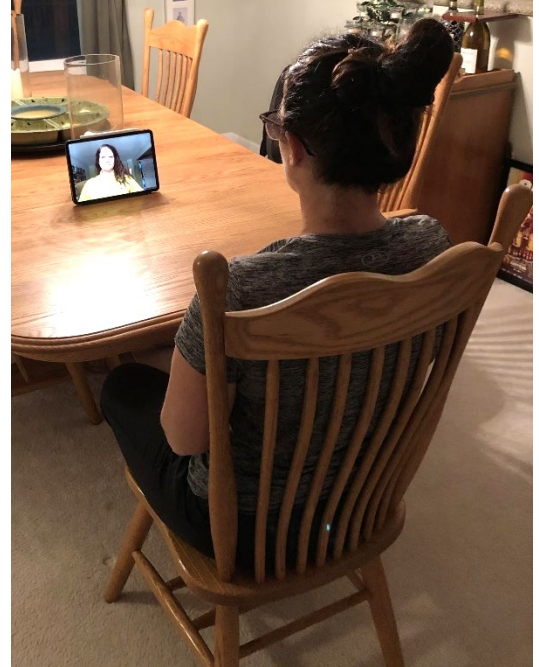
Your physical therapist (PT) will spend anywhere from 30-45 minutes with you during your physical therapy session. Please read through the following instructions regarding set up during the telehealth visit. Preparing ahead of time will make the session smoother and more effective. Please take time to practice setting up the following positions for the physical examination part of your physical therapy session.

## Exam part 1

### Setup 1:

For the first part of your telehealth physical therapy session the PT will have a conversation with you about your history and you will be able to share any concerns with them.

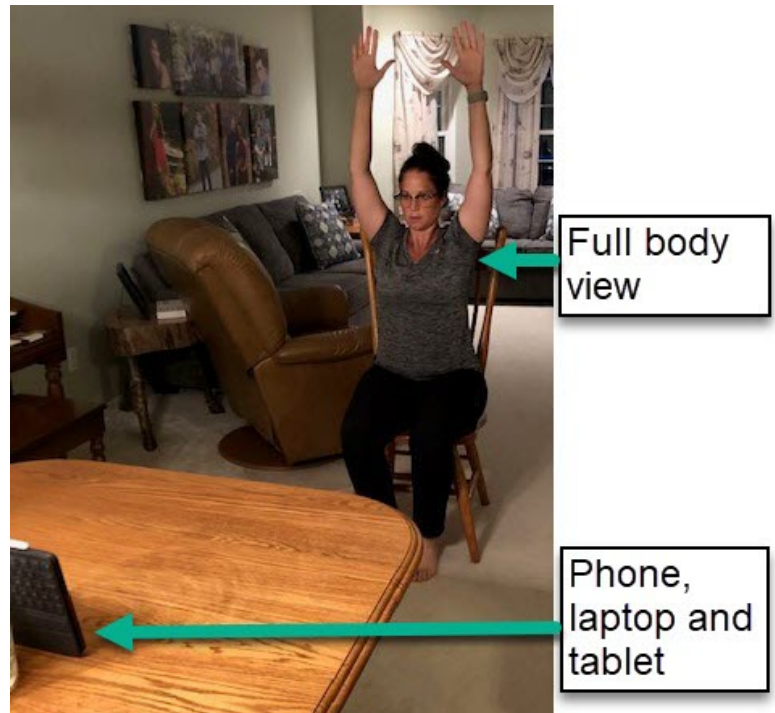
- Please be seated in a chair with your computer or smartphone set up right in front of you. The only part of your body that needs to be viewed by the therapist at this time is your upper body. A good place for this setup is at the kitchen or dining room table.



### Setup 2:

Now the therapist is ready to start the physical exam.

- Please sit in a stable kitchen chair with your feet on the floor. You should be sitting a bit further away from the computer or smartphone during this time.
- Your entire body (from head to toe) will need to be in the camera lens view in order for the therapist to assess you during this time. A good place for this setup is at the kitchen table or dining room table where you can step further back from the computer or smartphone.

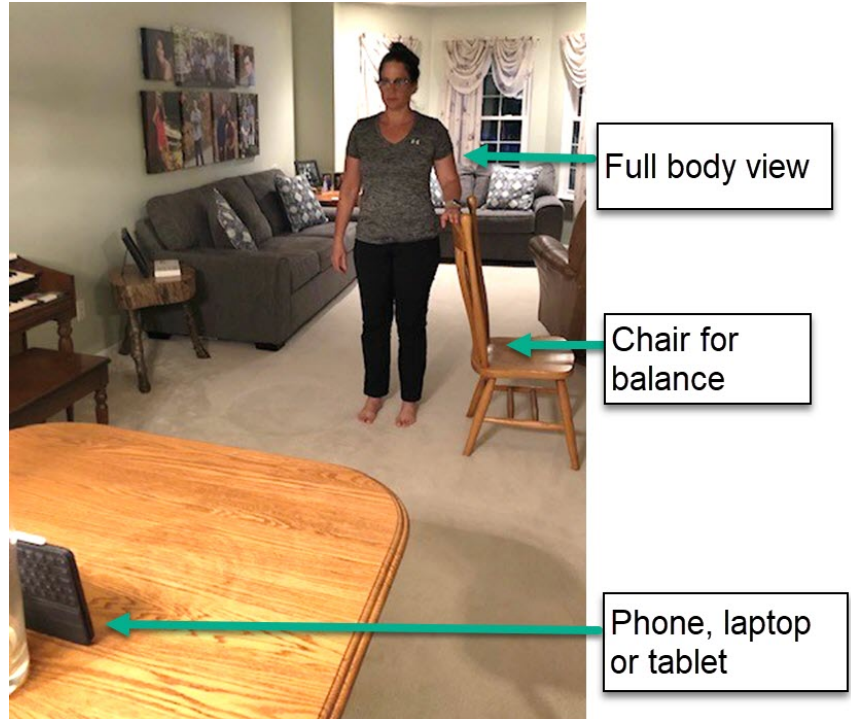


## Exam part 2

### Setup 3:

For the second part of the physical examination you will be in standing.

- Once again, you should be even further away from the computer or smartphone during this time.
- Your entire body (from head to toe) will need to be in the camera lens view in order for the therapist to assess you during this time.
- You may be asked to turn the kitchen chair around, so that you can stand next to the chair and hold onto the back of it for balance. A good place for this setup is again at the kitchen table or dining room table where you will step even further back from the computer or smartphone.



#### Setup 4:

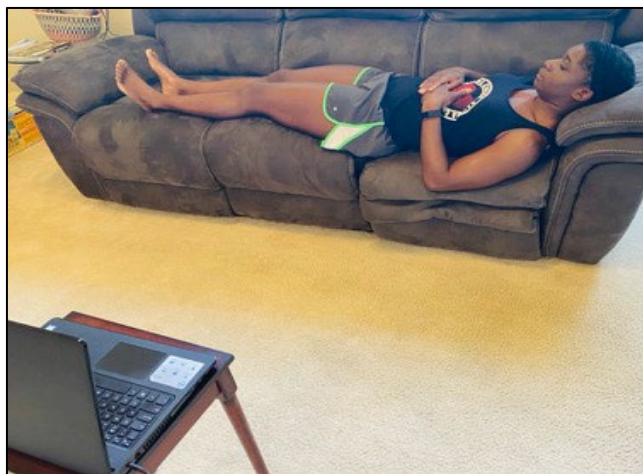
You may be asked to lie on your back or on your side for more assessment. This can be done on the floor or in a bed or on a couch (the couch is the least ideal).

- Once again, you will need to set the computer or smartphone up so that your entire body is in the camera lens view for the therapist.
- A good place for this setup may be on a family room or living room floor with the computer or smartphone setting on a couch or coffee table.
- If you are unable to get off the floor, you may need to use a bed and perhaps you can set the computer or smartphone up on a dresser or a small portable table, a tv tray or a chair.

On a yoga mat on the floor



On the couch



## Helpful hints:

- You can use books, pillows, or blankets to prop up your computer or smartphone to ensure the proper height for viewing.
- If you are having any trouble with any of these setup positions, your therapist will guide you through the process during the visit.

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Approved by: Department of Outpatient Rehabilitation Services (Physical, Occupational Therapy and Speech Language Pathology)

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