

# 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. Preparing ahead of time will make the session smoother and more effective.

## 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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