

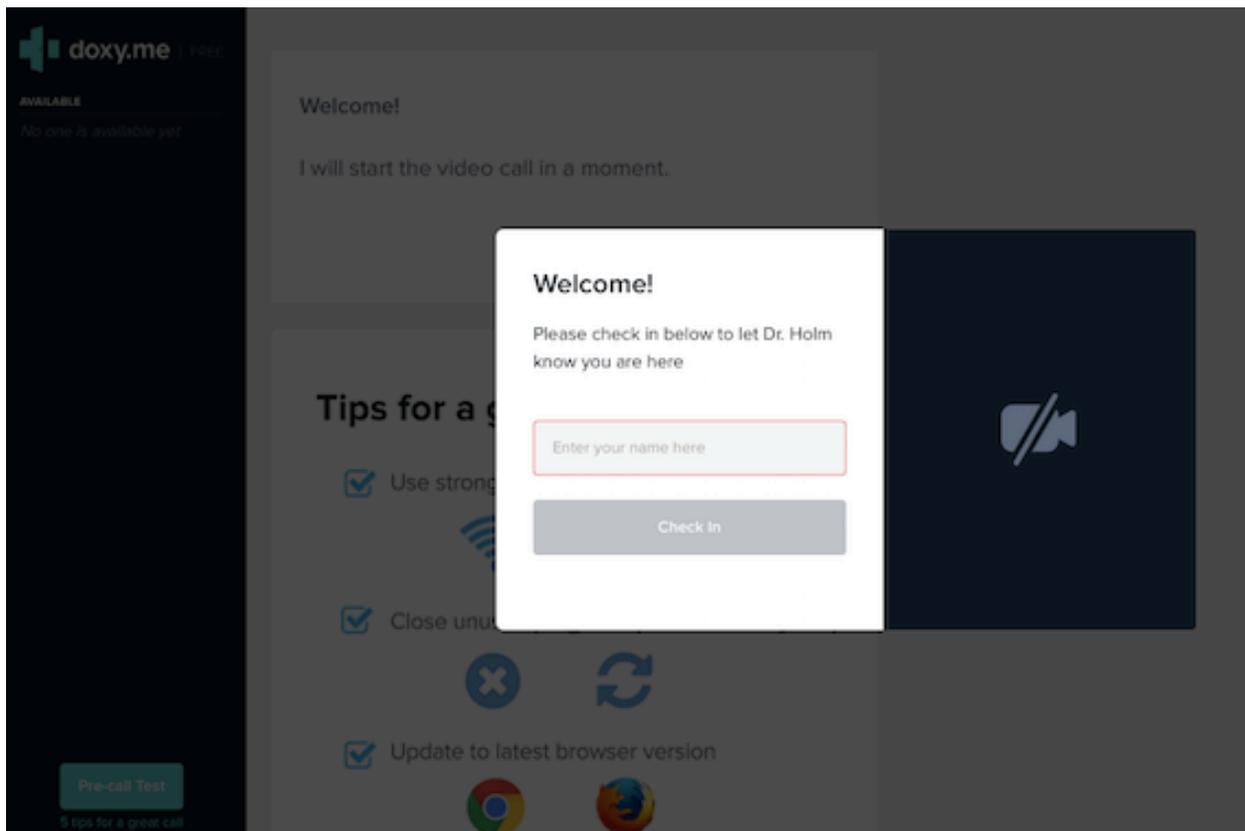
## TELEHEALTH INSTRUCTIONS

### Here are the simple steps to connect via your phone or computer:

The website works like this: at the time of your appointment you simply type in your name in a welcome box to let your therapist know that you are ready for your session, click “yes”, to allow the program to access you camera and microphone, and wait for the therapist to join you.

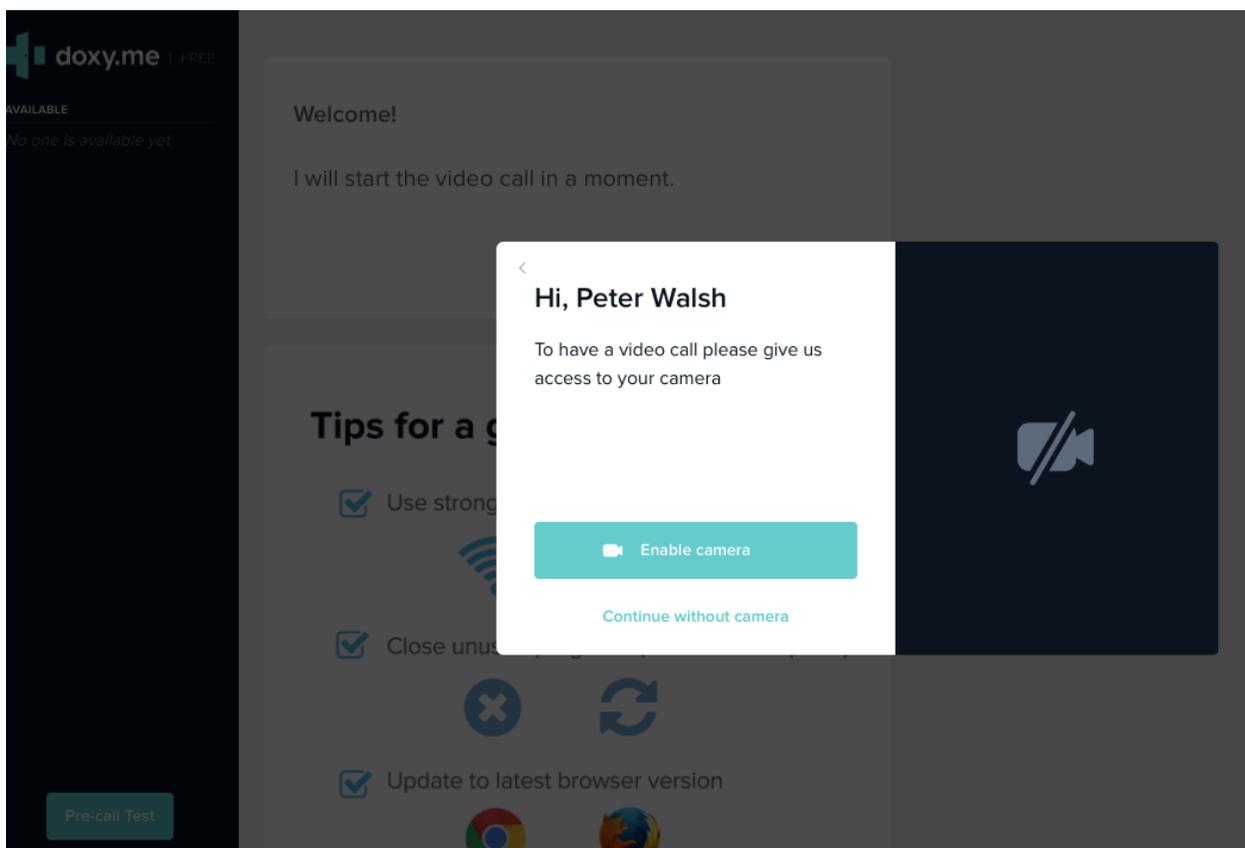
During the appointment, you may sit in front of your computer to chat with the therapist, and angle the camera of your laptop or smartphone, or stand in front of your desktop computer, so that the therapist can see you, examine you and direct you through exercises.

Click [here](#) to enter my virtual clinic (you can do it right now if you like just to see what it looks like). You'll land on a page where you'll see this:



Enter your name in the box where it asks you to do so. Click the box below that says “Check In”.

Once you’ve checked in you’ll see this. Once again, simply click the box that pops upon the screen, this time the one that says “Enable camera”. (See how the little grey camera symbol has a line through it? That means your camera needs to be enabled)



Now, all you have to do is wait for me to join the call. Once I do, you will see me on the screen, and a smaller box in the upper right hand corner with you (ie the screen I am looking at). Thanks to this you’ll be able to tell whether I can see you, a feature that is very helpful when you are moving around, performing an exercise etc.

Once we're on the video call, we'll proceed just like we would at my office. I'll ask you about how you've been doing, and answer all of your questions. I'll ask about your home exercise program. I'll ask you questions about your symptoms in order to understand what is going on, troubleshoot, educate, progress your exercise program and teach you how to apply this to your everyday life. Since you are most likely contacting me from home, you can point the camera of your phone or computer to show me your desk set-up or any other things you might benefit from improving.

Easy-peasy! Contact me with any questions you may have!