



SYNERGY
Physical Therapy and Yoga Inc.

How to Have a Good Telehealth Visit

1. Make sure that you have received a confirmation for the day and time of your meeting and that you are prepared prior to the start time.
2. Using a cell phone or laptop is preferred over a desktop computer as your therapist may need you to move the camera to see the full body.
3. Ask other members of your house to not be downloading or streaming to other digital devices so your connection will not be slowed down.
4. Dress in comfortable clothing that you can easily move in.
5. Have all pets in another room so they don't distract you.
6. Find a space that is clear about 3 feet around you; remove all rugs or furniture if possible.
7. Have good lighting either with a floor lamp next to you, be near a window during the day, or good overhead lighting.
8. If possible, ask someone in the home to be available if needed to hold the camera so your therapist can get a good view of you performing certain movements.
9. For any activities that may require balance, you may want to have a counter, couch or other heavy furniture for support that is at waist height.
10. Find a space that is quiet. Take a deep breath and know you're getting good care right in the comfort of your home!