

# PREPARE FOR RHP REMOTE

PREPARE | SPACE + SET-UP | PERSONAL  
TROUBLESHOOT

## PREPARE

DOWNLOAD "JITSI" + CHECK LINK

- Using Mobile? Click the link from your email. You will be prompted to download "Jitsi Meet" to your phone.
  - We may also use "ZOOM" as a back-up.
- Open the link 15 minutes prior to your appointment to ensure it works.
- **Make sure your link is open at the time of the appointment and your Physio will meet you there!**

## PERSONAL

WHAT WE MIGHT WANT FROM YOU

Things we may ask you to provide in advance or during the appointment include:

- About the condition;
  - how it started + when,
  - how the condition changes through the day,
  - prior treatment and current management.
- Medical history (+ current medications);
  - conditions your GP is treating,
  - surgeries.
- Any scans or tests conducted.

## SPACE + SET-UP

CAMERA + ROOM SPACE

- 2x2m floor space is recommended
- Wear comfortable, loose clothing;
  - consider the body-part and how easy it can be for us to visualise your movement.
- Ensure safe and sturdy location to prop your camera;
  - consider having a family member to assist.
- Camera position for room;
  - able to see whole of body on camera in both standing, and kneeling on the floor if needed,
  - camera at head height is often suitable.

## TROUBLESHOOT

- Make sure you have a good internet connection.
  - iOS or Android: please make sure that you have given the app permission to access your camera and microphone.
- Web-based version: use a modern web browser and make sure that you have given permission to access your camera and microphone.
- If all else fails, please call us (07 3856 5566).