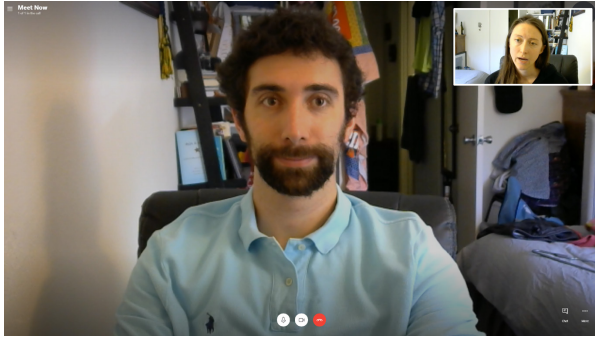


Visually Optimize Your Session

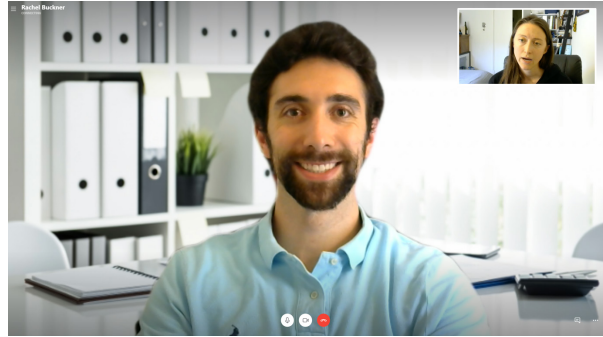
Jared Vagy, PT, DPT, OCS, CSCS

Environment

Suboptimal



Optimal



Tips: Remove clutter, use private room, and hide sensitive patient information.

Lighting

Suboptimal



Optimal



Tips: Choose balanced lighting, use front light instead of back light, and use daylight bulbs or natural light.

Framing the Face

Suboptimal



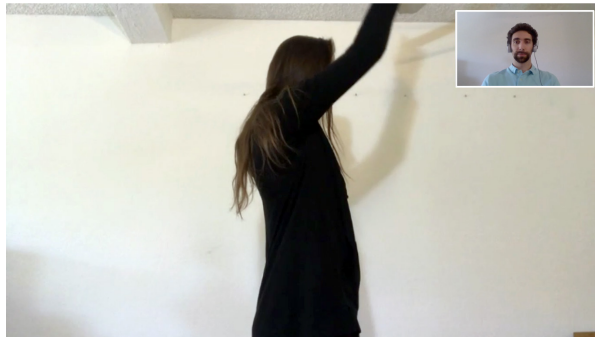
Optimal



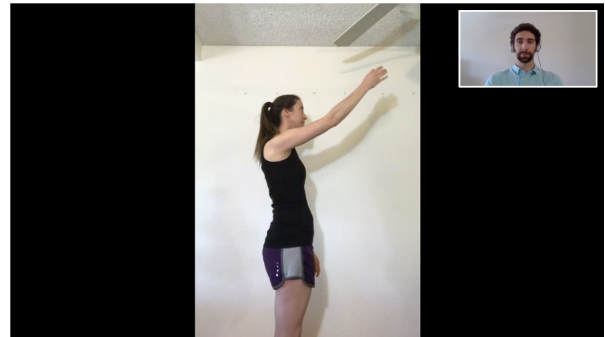
Tips: Choose landscape or portrait based on what you are trying to capture, stack device rather than tilting screen, move device forward or back to size, and keep camera at eye level and look into it.

Framing the Body

Suboptimal



Optimal



Tips: Choose landscape or portrait based on what you are trying to capture, stack device rather than tilting screen, move device forward or back to size, and keep camera at eye level and look into it.

Clothing

Suboptimal



Optimal



Therapist tips: Choose professional, comfortable clothing; avoid busy patterns.

Patient tips: Expose pertinent body regions.