

## Getting Ready for your Virtual Fitting Appointment

### **DO NOT try on your new orthosis / brace / inserts until the virtual appointment.**

- If possible, use a laptop or a tablet with a stand. Mobile phones may not show enough detail.
- Make sure the device is fully charged or plugged in.
- Use a private room. Do not sit with a light or a window directly behind you.
- Children younger than 16 years must have a parent or guardian in the room at all times.
- If you need help to stand, walk, move the laptop, or put on the orthosis; please make sure that somebody is available.

#### Hand or arm:

- Wear a short-sleeved T-shirt or vest
- Put next to you: The new orthosis / brace / support  
A pair of scissors
- Sit on a chair in front of your laptop with the camera showing your face, arm and hand.

#### Leg, knee, ankle, or foot:

- Ideally use a room with a hard floor (no carpet) and enough space to walk 4 steps.
- Wear shorts or a skirt that shows your knees. Take your shoes and socks off.
- Put next to you: The new orthosis / brace / support / inserts.  
A pair of scissors.  
Your usual shoes.  
Your standing or walking aid: stick, frame, turner etc.  
A table, chair, or stack of books lower than the chair you are sitting on.
- Start the appointment sitting on a chair with the laptop camera showing your face. During the appointment the Orthotist will ask you to move the laptop to the low table so that the camera is level with your knees. They will then ask you to move the laptop to the floor so that they can see your feet when you stand.

