

Getting Ready for your Virtual Assessment / Review

- 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 take measurements; please make sure that somebody is available.

Hand or arm:

- Wear a short-sleeved T-shirt.
- Put next to you: All your orthoses / braces / splints.
The paper tape measure from the appointment envelope.
- 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. Alternatively, tight leggings.
- Take your shoes and socks off.
- Put next to you: The tape measure or foot template from the appointment envelope.
Your usual shoes.
All your orthoses / braces / splints / inserts / adapted 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.

