



Photo Tips

- Photography is all about lighting! Choose a well-lit area, the more natural light, the better.
- For photos of inside the mouth, **always use the flash or a ring light.**
- Don't tilt the phone up or down – have the phone flat on eye level
- Choose a flat background – and try to always use the same spot and shirt for future photos
- Take your time – take a couple of pictures and pick the best one
- Pictures with shadows behind the patient are not great, move to a different area.
- If you have the game "Speak Out" You may use those cheek retractors!
- For Posture Evaluation Photos:

★ For boys: Light shirt or no t-shirt are preferred

★ For girls: a sports bra or tank top are great

➡ **Long hair – please, do a bun or ponytail**
Take shoes and socks off
Shorts – so we can see the knees

EXTRAORAL PHOTOS

POSTURE: Show feet with no shoes or socks, solid background, hair pulled back



✓ Full Body Front



✓ Full Body R Side



✓ Full Body L Side



✓ Full Body Back

FACE/PROFILE: Flash on with good natural lighting (facing window) solid background



✓ Full Face No Smile



✓ Right Side



✓ Left Side



✓ Full Face Smile

INTRAORAL PHOTOS



✓ Open Wide



✓ Stick Tongue Out



✓ Open - Tongue Up



✓ Roof of the mouth



✓ Floor of the mouth



✓ Upper Lip



✓ Lower Lip



✓ Retractors- Bite



✓ Retractors - R Side



✓ Retractors - L Side



✓ Under Tongue



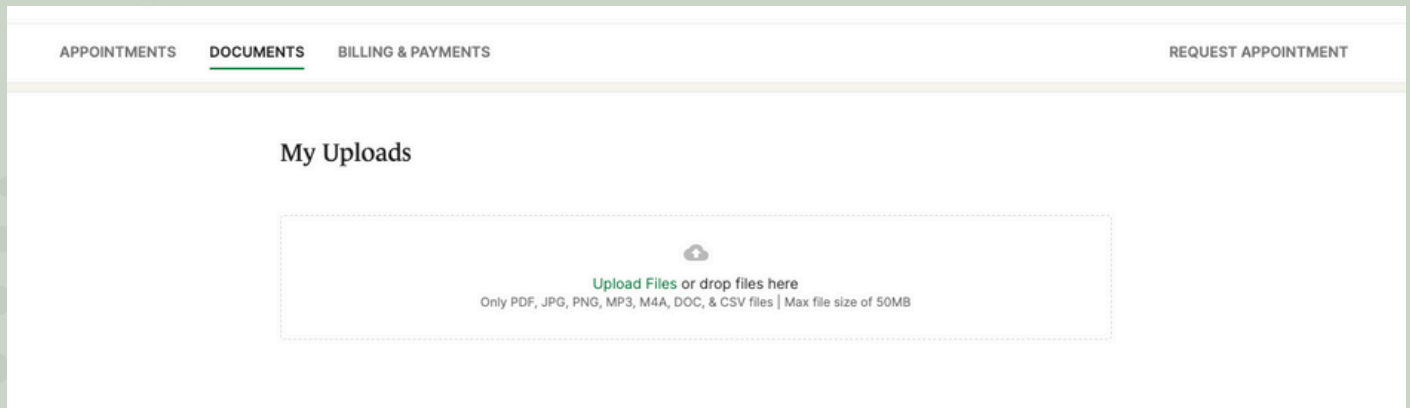
✓ Tonsils

UPLOAD PHOTOS INTO THE PORTAL

Please label photos before uploading from check off sheet below.

Log into the Myo Moves Portal. Do this by going to www.myo-move.com, upper right hand side is patient portal. Follow prompts.

Once logged in, select the documents tab and scroll to the bottom. You will see " My Uploads." Select the photos you took and drop! You are all set!



CHECKLIST

Posture

- ☐ Full Body Front
- ☐ Full Body Right Side
- ☐ Full Body Left Side
- ☐ Full Body Back

Face/Profile

- ☐ Full Face No Smile
- ☐ Full Face Smile
- ☐ Full Face Right Side
- ☐ Full Face Left Side
- ☐ Nasal Breathing

Intraoral

- ☐ Tongue out
- ☐ Open Wide -Tongue Up
- ☐ Open Wide -Tongue Relaxed
- ☐ Tongue Suctioned
- ☐ Tonsils
- ☐ Roof of the Mouth
- ☐ Floor of the Mouth
- ☐ Under Tongue
- ☐ Upper Lip
- ☐ Lower Lip
- ☐ Bite Front
- ☐ Bite Left
- ☐ Bite Right