



# Appointments

Before your first visit, please be ready with these items and have the following set up:



## Internet

Good internet speed is crucial for the therapist to be able to properly see the patient.



## Computer or Tablet

Please no cell phones.



## Table

It is very important to have camera on stable surface to properly assess



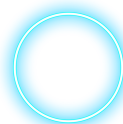
## Chair

Solid chair where feet can be flat on the ground. No sofas



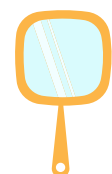
## Window

The best place for our virtual appointments is when the patient is facing a window.



## Ringlight

We will send you a ring light to use with your appointments.



## Mirror

A mirror will be required during therapy. It's preferable to have a mirror with a stand.



## ASSESSMENT

During a Myofunctional Therapy Assessment we will need these extra items:



## Water

A clear glass of water. Please, no water bottles.



## Snacks

Some good snack options are crackers, pretzels, apples, bread, or granola bar. Have a couple of options available.



## Spoon

Apple sauce, yogurt, ice cream, or something else similar you can eat with a spoon.



## Toothbrush

Bring a dry toothbrush