

## GENERAL PREPARATION INSTRUCTIONS

### PREPARATION

- Proper attire
- Well-lit room with light source facing the patient
- Stable internet
- Familiarity with [tucsonortho.com](http://tucsonortho.com) and link to [doxy.me](https://doxy.me)

### PRIOR IMAGING

- TOI for X-rays
- Outside MRI
- Selfies with exam findings of interest

## KNEE SPECIFIC

### REQUIRED ITEMS

#### CAMERA

- Laptop, tablet, or other internet-connected device with video camera and microphone
- Camera position must allow visibility of entire standing height

#### CLOTHING

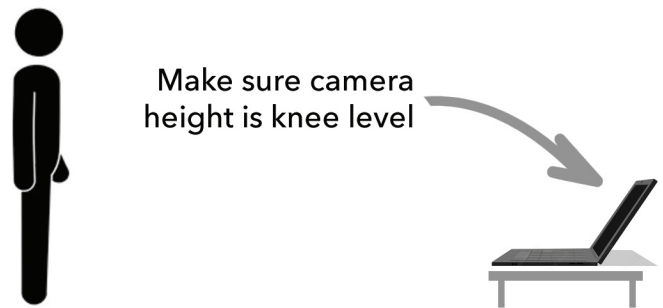
- Fitted athletic garments

#### EQUIPMENT

- Long towel/resistance band/belt
- Chair
- Soup can or rolled towel

### POSITIONS

- Standing
- Sitting
- Lying flat on side of bed or couch with camera visualization side of knee



— Distance from camera: 10-15 feet —

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