

## 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](http://doxy.me)
- Camera position must allow arm extension in all directions

### PRIOR IMAGING

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

## SHOULDER 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

- Tank top to expose shoulder joint

#### EQUIPMENT

- Small dumbbell, can of soup, water bottle

### POSITIONS

- Standing
- Sturdy chair or stool
- Wall or door
- Lying flat on side of bed or couch



Make sure camera height is 4-5 feet off the ground to allow view of outstretched arms above head



— Distance from camera: 6 feet —

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