

Restored Core



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Dear Valued Client,

In preparation for your **virtual appointment** please read the information below as it will improve the quality of your first visit. Thank you.

- Download the Jane app on your device ahead of time
- Ensure that you allow the Jane app to have **video and microphone** access on the device you'll be using.
- Ideally locate yourself in a **well lit room** with enough space to place a yoga mat (you do not need a mat, but this gives you an idea of how much room you will want).
- Set your device on the floor or another object and turn on the camera. Test to see if you are able to **visualize yourself moving on the screen** when on the floor and standing. This will ensure the therapist is able to assess your movements virtually.
- The therapist will first **chat with you face-to-face** (virtually) to gather information. Following, a thorough **examination will be completed** by having you go through a number of movements with the therapist watching through the device.
- Wear **clothing that is comfortable** and easy to move in.
- Take inventory of any **exercise equipment** you have in your home and gather it ahead of time.
- You always have the right to refuse any portion of the visit if you do not feel comfortable.

Please email, call or text Restored Core if you have any additional questions.

Sincerely,

Michaela Cioffredi PT, DPT, OCS