

Skype Appointments & 'Online' Corrective Exercise Programs

Thanks for scheduling your first session with me; here are details of the information I will need prior to your session.

Whether you are having:

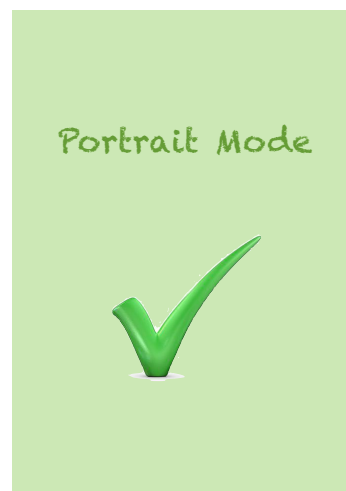
- A 'Discovery Session' on Skype, or
- A full Skype appointment, or
- You are requesting an 'online' program of corrective exercises

. . . I will need a set of photos to work with so I can assess your alignment and what your body needs in order to heal.

Here's the best way for you to do that:

Have someone take four photos of you (please make sure the photos are taken in *portrait mode*):

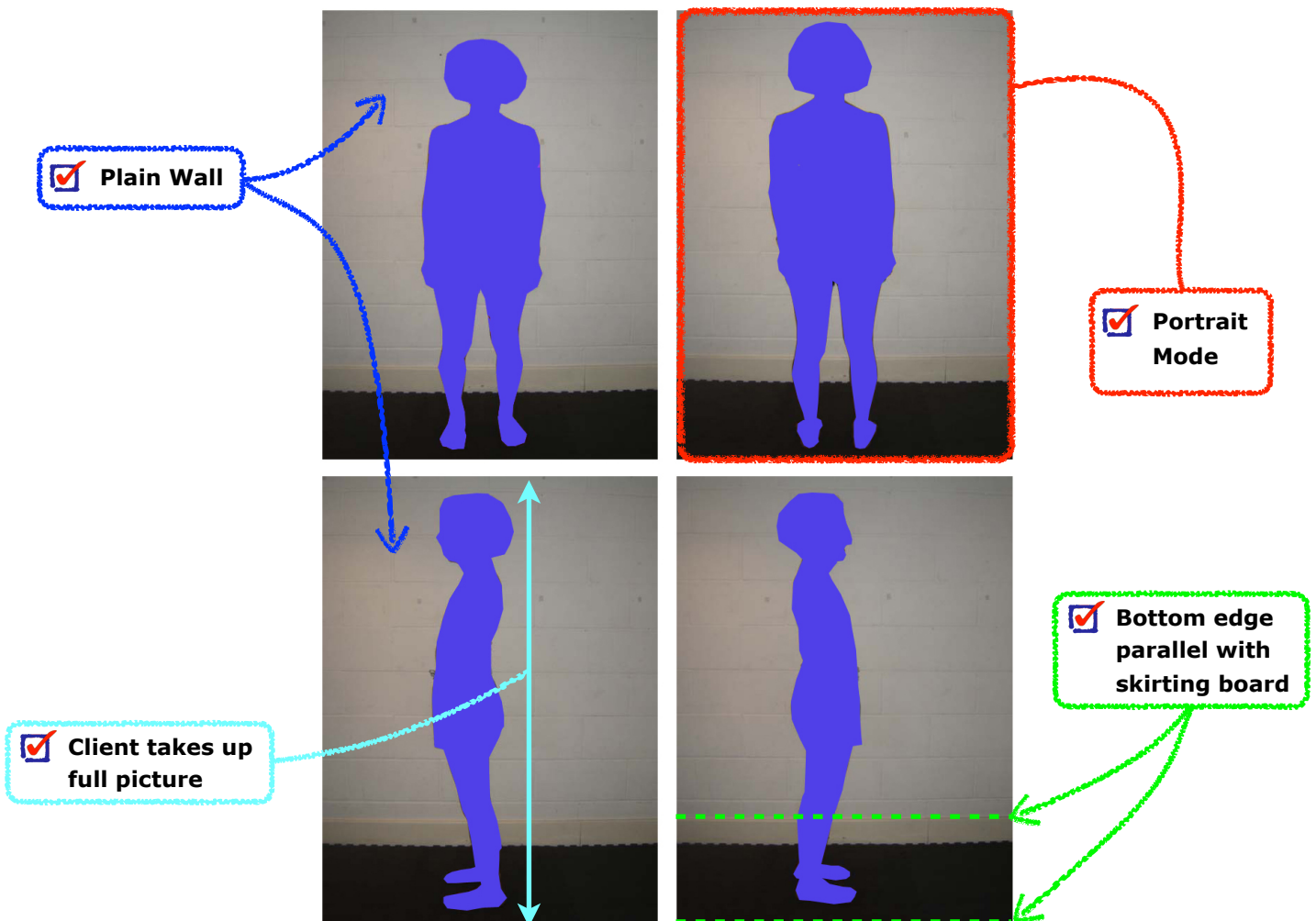
- The front**
- The back**
- The left side view**
- The right side view**



Upward Spiral

- ✓ *If possible, stand in front of a plain wall so there is little / no distraction*
- ✓ Ask the person taking the pictures to line up the bottom of the picture with the skirting board so it's as straight as possible (rather than wonky)
- ✓ Zoom in so your feet are near the bottom edge of the picture and your head is near the top edge

Here's an example of a good set of photos to work with



Please don't stress if you don't have a plain wall etc ... it's not the end of the world!

The best attire for your pictures:

- Bare feet
- If you have long hair, please tie it back

Men

- Wear a pair of shorts (that do *NOT* cover your knees - I need to see them!)
- Preferably *no* top (being able to see the position of your shoulder blades, the musculature of your back and any deviations in the alignment of your spine helps a great deal in the assessment)

Ladies

- Shorts, as above
- A sports bra if you have one.

If not, a vest top would be good and failing that, a regular t-shirt is fine. The more I can see of your body - especially your shoulder blades and spine etc. - the better

Your Symptoms

When you email your photos over, please describe *all* of your symptoms and *be as specific as possible!*

The information you give will help when creating your program.

For example, if you have knee pain, where on the knee is it?

- On the inside of the knee?
- The outside of the knee?
- The knee cap?
- Above? Below?
- Front of the knee or the back of the knee?

The same with back pain...

- Is it at the very base of the back?
- Mid back?
- Predominantly on one side or across both sides?

The location of the symptom(s) can help a great deal in understanding what's happening in your body and what kind of stimulus it needs in order to heal.

This applies to all symptoms!

Follow Up Appointments / New Programs

When requesting a new 'online' program (where you send photos only, as opposed to a 'live' Skype session), please send a new set of photos *each time* and comment on how your symptoms are, as well as giving feedback on the previous program.

For 'live' Skype sessions, photos before each session would still be handy, although not as essential as we'll be seeing each other. I will let you know prior to the session if I would like a fresh set of pictures.

*I look forward to working with you and
assisting you in reaching your goals!*

Best regards,

