

Adriana Lucía Ramírez Bonilla offers TeleRehabilitation or virtual sessions from the convenience of your home to save you time and help reduce the potential transmission of the COVID-19.

### WHAT YOU WILL NEED

- Legal forms and documents. ***Prior to your initial session please email us a clear copy of both sides of your ID and the following fully completed and signed forms: Acuerdo de Servicio, Formato de Consentimiento, Formato de Registro y Formato de Ingreso***
- A working laptop, tablet or smart phone- with a front camera.
- A fully charged device, or access to power.
- An internet connection.
- Your email address.
- A well-lit space so the doctor or nurse can see you.
- A quiet space to reduce distractions.
- Headphones that connect to your device for clear audio and to protect your privacy.
- A notepad and pen handy
- Ensure you have eaten 2 hours before your session to have completed your digestive process and build your body's energy reserves. You'll spend great amounts of physical energy during the physical exercise.
- Visit the bathroom prior to your session to avoid bathroom interruptions during the session.
- Comfortable exercise clothes that allow your therapist to visualize the area we're going to work on (tank top, shorts are ideal)
- An exercise ball (45-55 cm diameter), a yoga mat, resistance bands, dumbbells, foam roller are great to help you with your exercises. If you don't have any of these don't worry, we'll do our best to accommodate with what you have at home.

You can be sure you have what you need to join a virtual appointment, by joining a test meeting at any time before.

Join a virtual consult with your clinician from your computer

1. You'll receive an email with an invitation and link to the meeting
2. Click on the link
3. Your web browser will open a web page to start your meeting
4. Choose your audio connection.
5. Set your video preference to video on.
6. Join the meeting by selecting Connect Audio and Video

Adriana Lucía Ramírez Bonilla ofrece Telerehabilitación o sesiones virtuales desde la conveniencia de su hogar para ahorrarle tiempo y reducir el riesgo potencial de transmisión del COVID-19.