

ACCESSING ZOOM FOR YOUR EXERCISE MEDICINE CONSULTATION

Step-by-step process for your virtual consultation via Zoom

1. Zoom link received via email and/or SMS to join your Virtual Clinic Session
2. Join Zoom Session and wait to be admitted into main room. Any troubleshooting, please refer to www.chroniccare.com.au/virtual
4. Welcomed to session and notified of all exercise therapists in the Virtual Clinic
Complete relevant pre-screening line of questioning in waiting room with exercise therapists including the pre-session daily questionnaire
5. Following Pre-Session Daily Questionnaire, you will be prescribed to one of three waiting rooms (Cardiovascular, Mindfulness and Strength & Mobility)
6. Work through prescribed exercises through PhysiApp or PDF link sent through following Initial Assessment, Familiarisation or Care Clinic review.
7. Complete mindfulness practice, cardiovascular efforts and strength & mobility session
8. Once completed the full practice, let the exercise therapists know that you have completed the session and let them know of any feelings following the session

What equipment is required

At your initial consultation and program familiarisation, your exercise therapist will discuss with you required equipment. Please ensure you have the following for your sessions:

- Exercise Program via PhysiApp, PDF document or printed version
- Exercise Mat
- TheraBand
- Foam Roller
- Leg Chair
- Light Dumbbells (3-5kg)
- Steps
- Stationary Bike (if required)
- Arm Ergometer (if required)

How to Set Up Space

- Clear space of any clutter
- Have all equipment ready on a table or desk next to workout area, do not leave on floor
- Have camera turned on with microphone working through the computer
- Ensure the camera is angled so the Exercise Therapists are able to see the exercises as well as yourself. Note, the camera may need to be moved around depending on the exercise and the area of exercise.
- Ensure you have water nearby and have necessary safety precautions put in place, including contact numbers.