

## PhysiApp on your computer

To get the most out of your session, we recommend using PhysiApp on your computer or laptop. **Google Chrome** or **Firefox** work best.



### Check camera angle

Think about **the angle of your camera\*** during the call. You may be asked to perform exercises so ensure you have space, and that your camera can be angled to focus on the relevant part of your body during the exercise.

\*Tip - test your angle by activating the webcam on your laptop or computer prior to your call



### Quiet environment

Make sure you have a quiet environment. Treat the session as you would if your clinician came to your house. Try and find a quiet room, away from any distracting pets, colleagues and children.



### Headphones with microphone

For the best quality audio it is often best to use headphones with a microphone. If you don't have these, check that the microphone on your computer works.