

## Joining my virtual Physical Therapy session with Zoom on a PC/Mac computer

Few things to remember:

- Make sure all browsers are up to date and you have a strong internet connection
- Charge your device before the session or have a charger close by
- Direct the screen so that it is not facing a window
- Make sure you're in a private space with some room to move around
- Make sure you have your photo ID nearby for your PT to see
- Wear clothes you can move around in, with access to the treatment area
- If you will be using a smart phone, make sure you have something to prop it up against

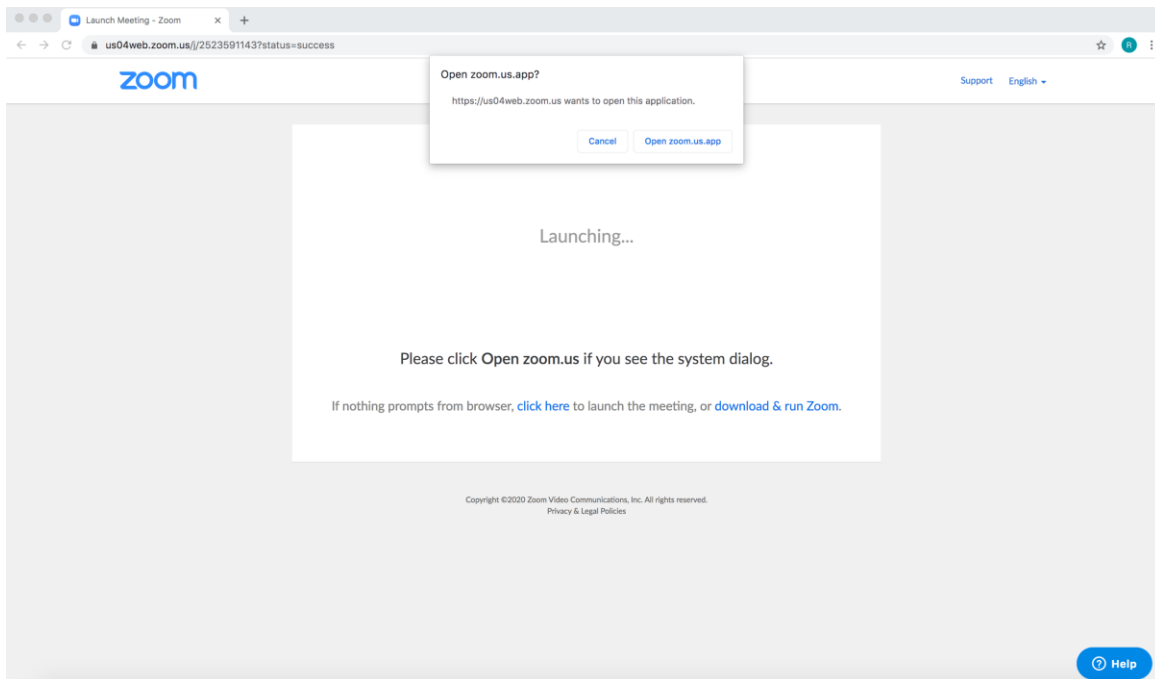
Go to your “**day before reminder**” email and click the link below “Join Zoom Meeting” (or copy the link to a browser).

Join Zoom Meeting

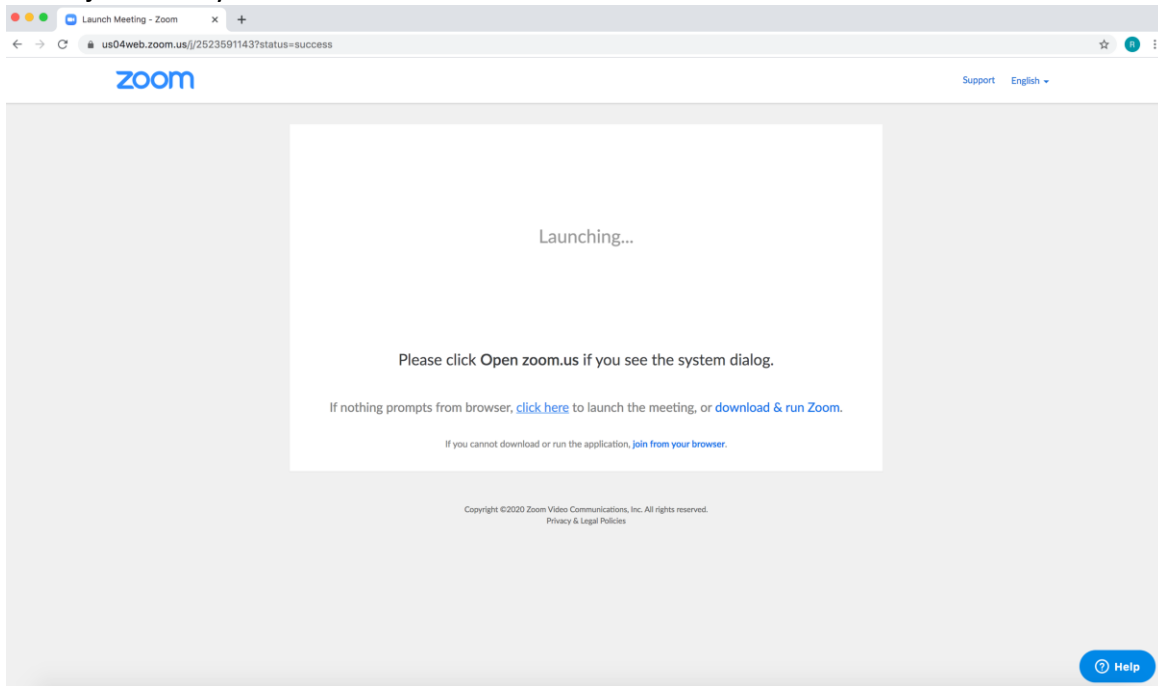
<https://us04web.zoom.us/j/2523591143?pwd=SFY3THh0dHNxcGRVQTdXL1U2NzI2QT01>

The following website will open:

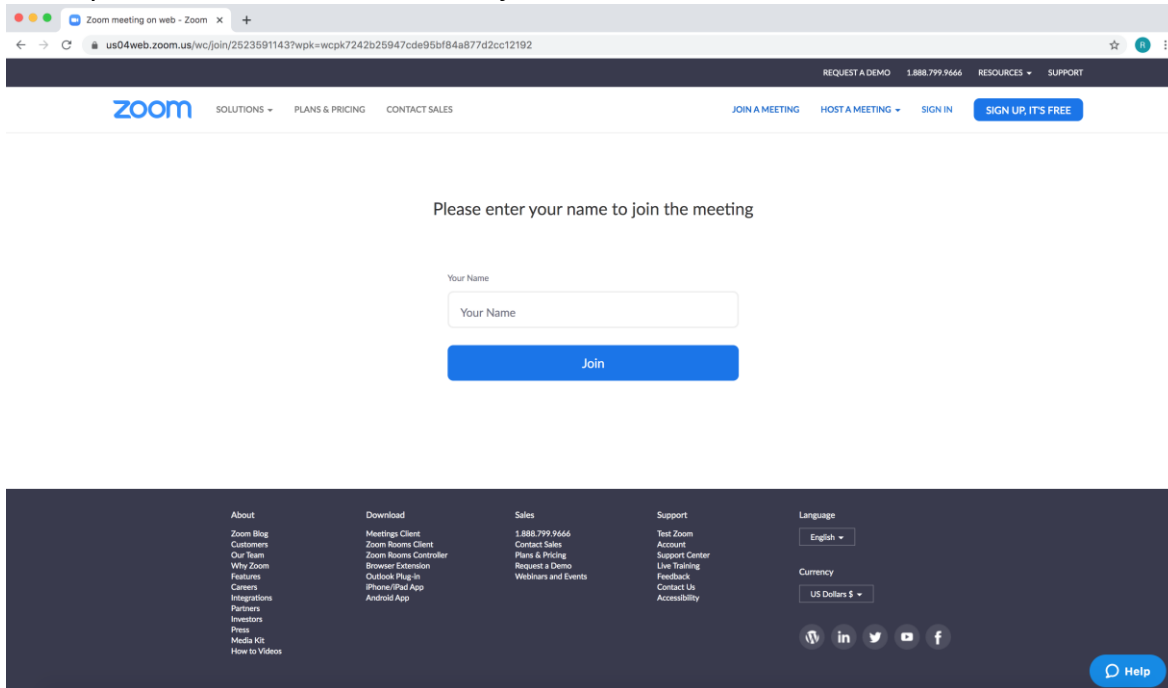
Click Cancel.



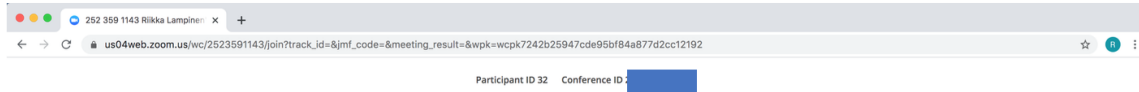
Click "join from your browser".



Write your name in the field and click join.



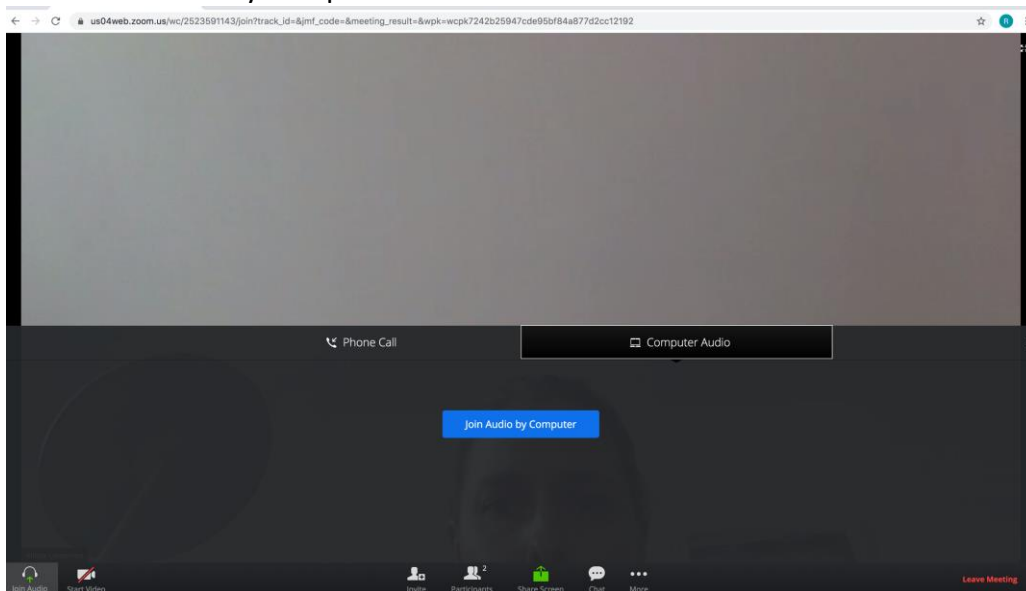
Wait for your physical therapist to admit you into the video conference at the time of your appointment. This might take a few minutes.



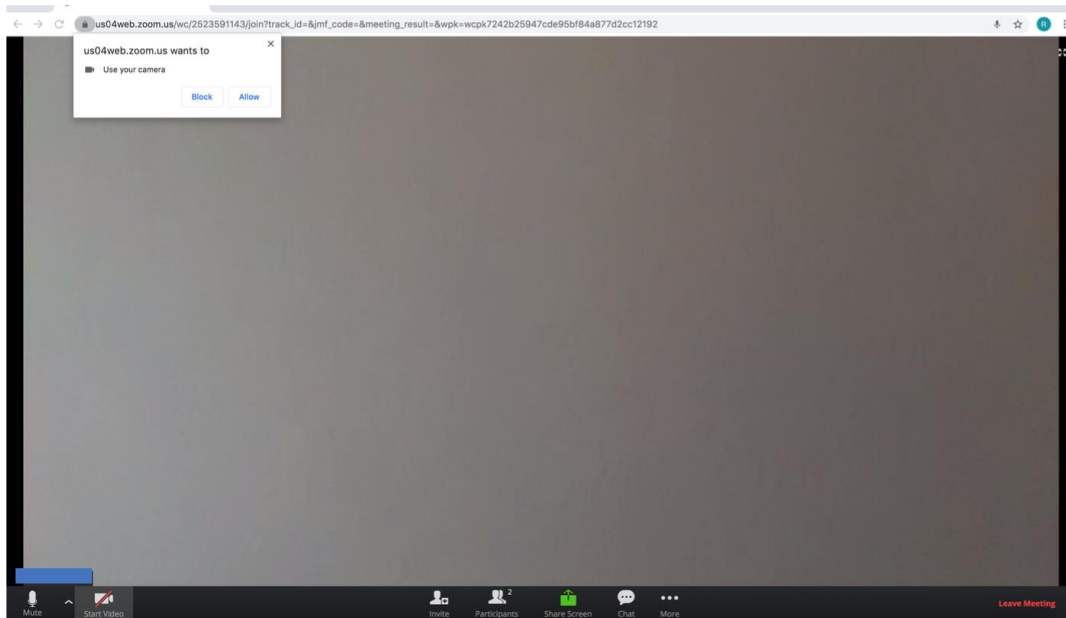
Please wait, the meeting host will let you in soon.

[Redacted] s Personal Meeting Room

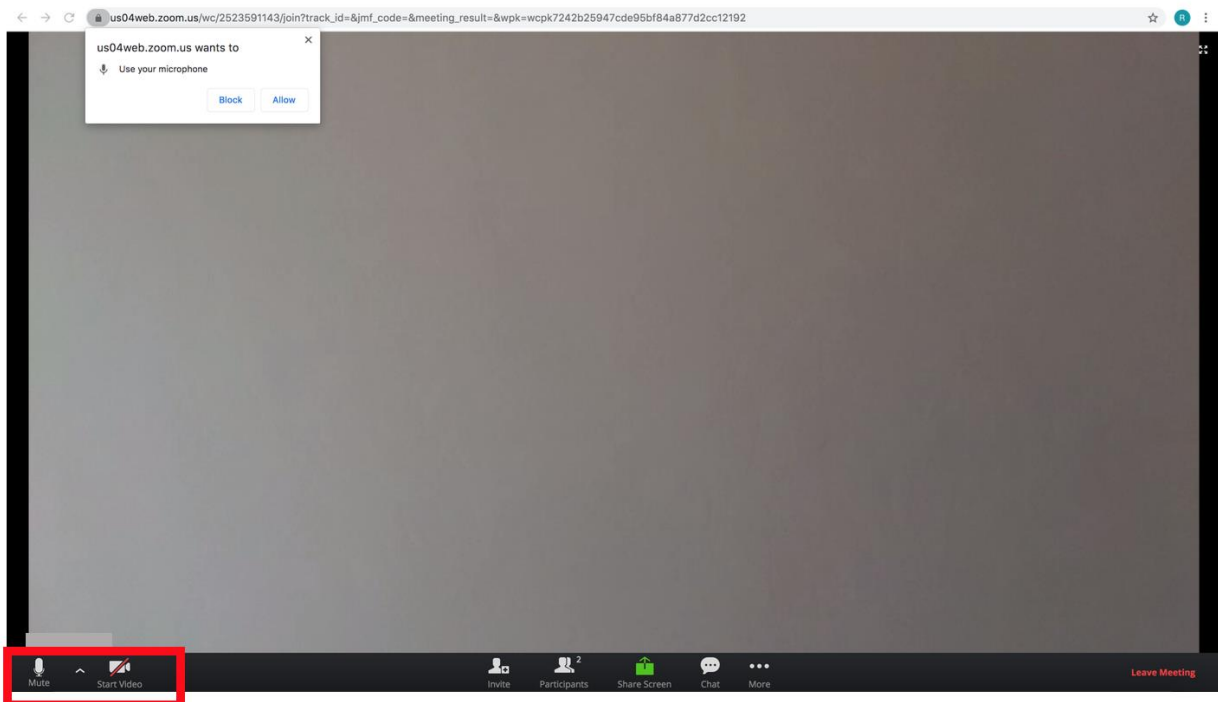
Click “Join Audio by Computer”



Click “Allow” to “use your camera” in the pop-up screen



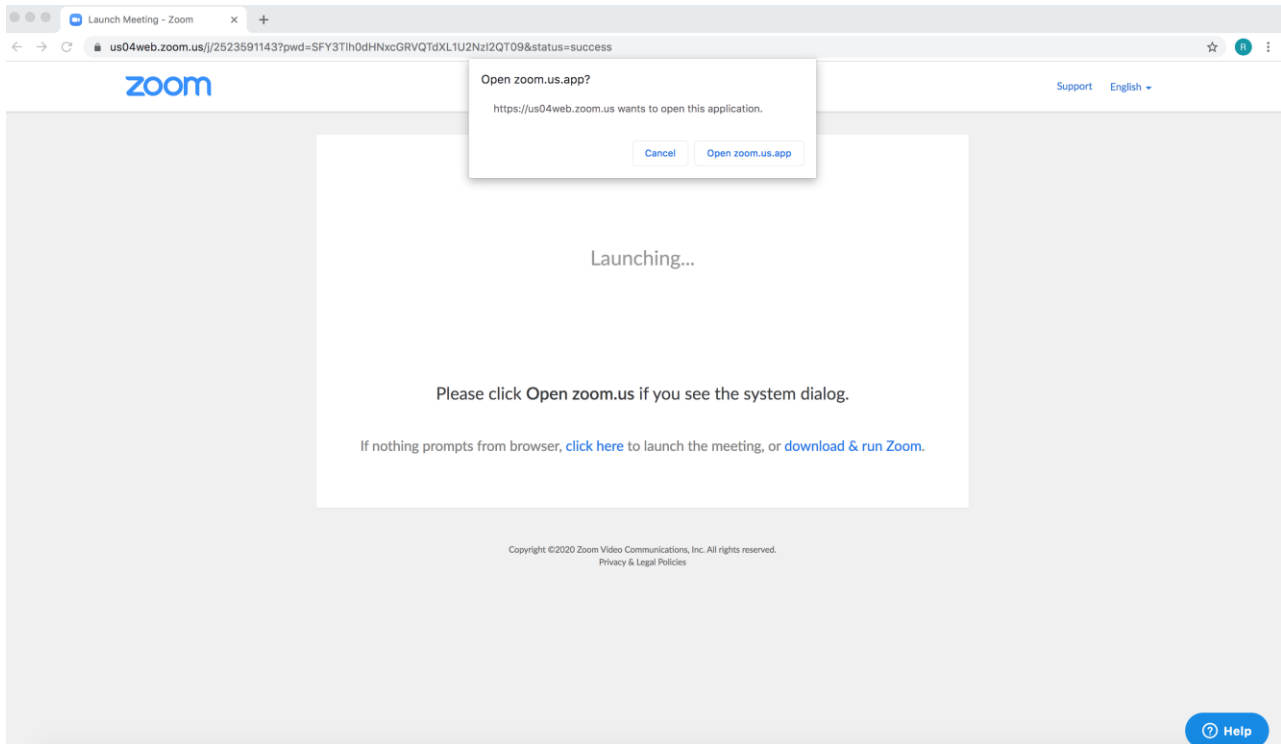
Click “Allow” to “Use your microphone” in the pop-up screen  
Click “Start video” and “Unmute” on the left bottom corner if they have red line over them.



If using your internet browser to join the Zoom meeting does not work, you can download the Zoom desktop application here: <https://zoom.us/support/download>

Open the downloaded file. It is typically saved to your Downloads folder. Follow the the prompts to install the application on your computer.

Click Open zoom.us.app

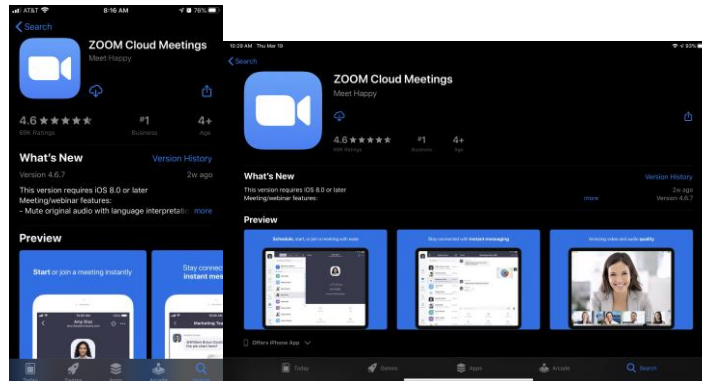


This will open the Zoom application and will prompt you to enter your name and join. This takes you to the waiting room. Your Physical Therapist will then admit you to the videoconference at the time of your appointment.

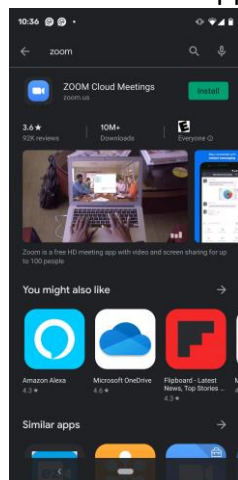
## Joining my virtual Physical Therapy session with Zoom on my mobile phone or tablet

### Download Zoom application for your mobile phone or tablet

- a. For iPhone or iPad go to App Store and search for Zoom and download the app.

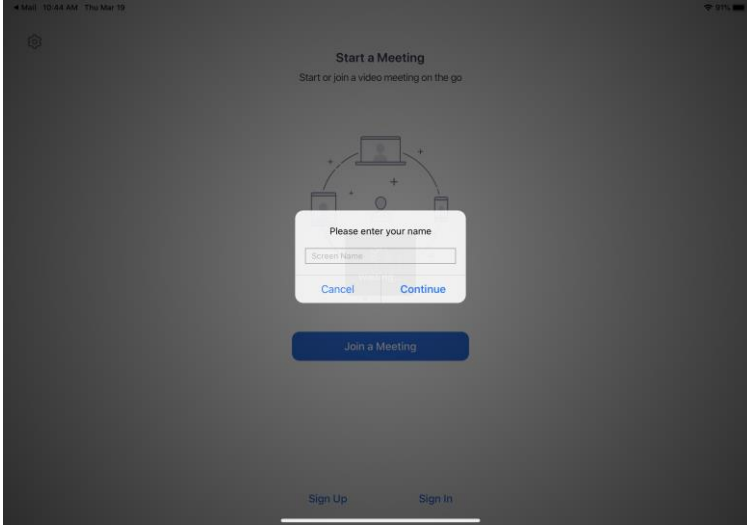


- b. For Android devices, go to Google Play application store on your phone or tablet and install the app.

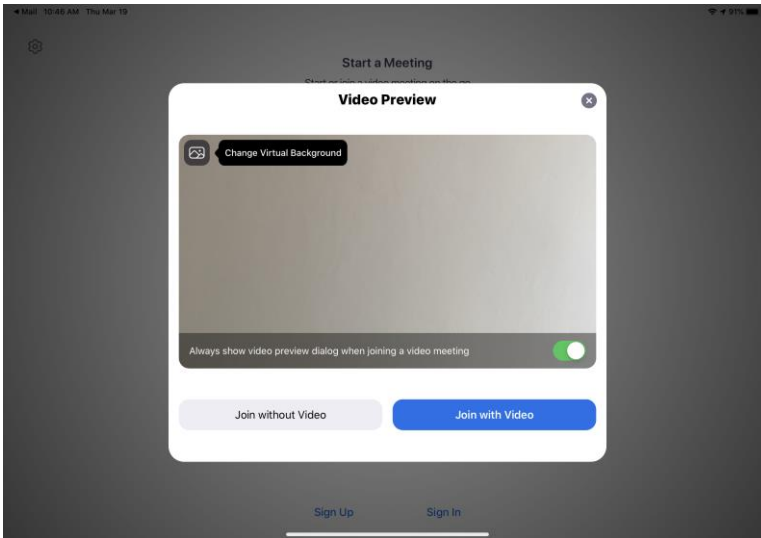


2) Click the link in your email under “Join Zoom meeting”

This will open the app. Enter your name in the field and click “Continue”

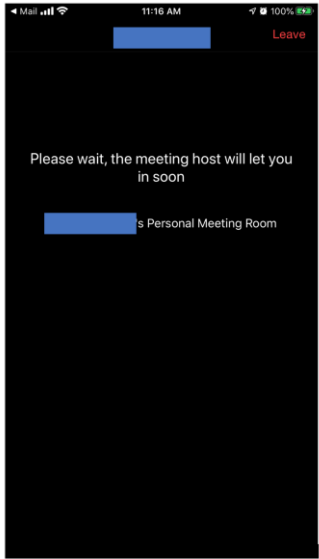


Click “Join with Video”

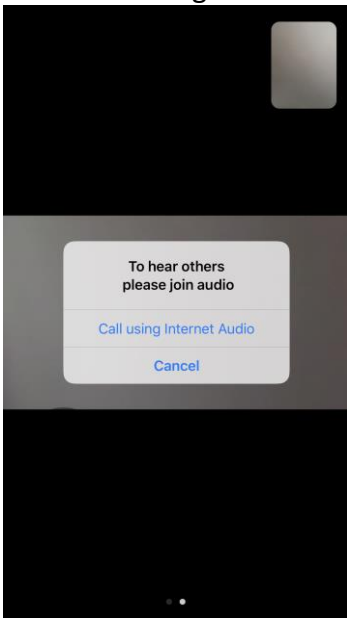


Click “OK” when asked “Zoom would like to Access the Camera” and “Zoom would like to Access the Microphone”

Wait for your physical therapist to admit you into the video conference. It might take a few minutes.

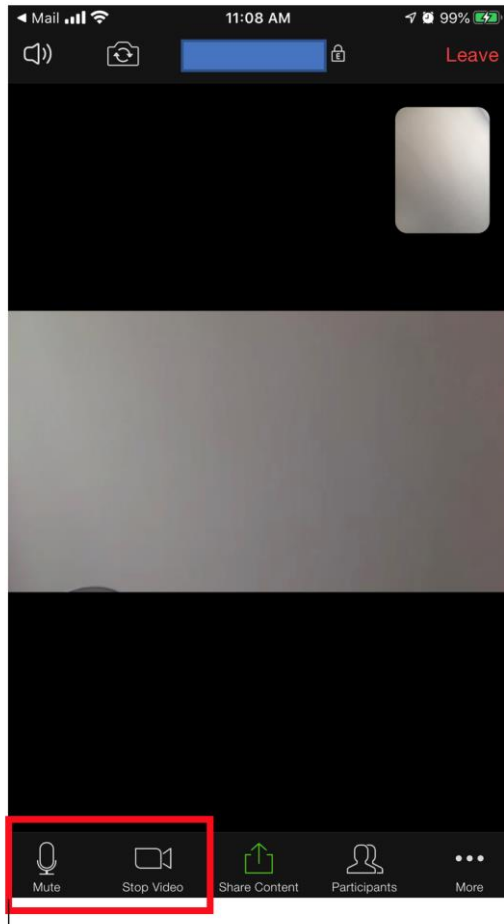


Click "Call using internet Audio"





You can Unmute/mute and Stop/start video from the bottom left corner (mobile phone) or top right corner (iPad).



## Other useful information

System requirements:

- 1) For PC, Mac and Linux system requirements, go to <https://support.zoom.us/hc/en-us/articles/201362023-System-Requirements-for-PC-Mac-and-Linux>
- 2) For iOS, iPadOS and Android system requirements, go to <https://support.zoom.us/hc/en-us/articles/201179966-System-Requirements-for-iOS-iPadOS-and-Android>

More support for using Zoom videoconferencing, go to <https://support.zoom.us>

Here are some useful links to help you to get started:

To join meeting: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Testing or configuring your audio: <https://support.zoom.us/hc/en-us/articles/201362283-Testing-computer-or-device-audio>

Testing and configuring your video: <https://support.zoom.us/hc/en-us/articles/201362313-How-Do-I-Test-My-Video->

Getting started with iPhone or iPad: <https://support.zoom.us/hc/en-us/articles/201362993-Getting-Started-with-iOS>

Getting started with Android: <https://support.zoom.us/hc/en-us/articles/200942759-Getting-Started-with-Android>