



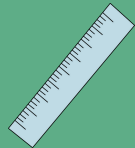
Use a device with a flash available. Photography is all about lighting! Choose a well-lit area, the more natural light, the better. For photos of inside the mouth, always use the flash. Don't tilt the phone up or down – have the phone flat on eye level



A small flashlight or ring light will help us see inside the mouth a little bit better. Pictures with shadows behind the patient are not great, move to a different area or add more light.



A mirror will be required during therapy. It's preferable to have a mirror with a stand.



If you have a small ruler, that will be wonderful, if not, I will send you one.



A clear glass of water. Please, not water bottles.

While in the office or via telehealth, we will do a full functional, anatomical and feeding assessment. For evaluations of ages two through adult, please bring food to eat and a drink to your appointment.

*Simple food such as yogurt or applesauce with a spoon (not in a pouch). *Complex food that has multiple textures such as (sandwich or pizza) that fits into your specific diet.

From Middle Tennessee
to your home, wherever you live.



- Choose a flat background – and try to always use the same spot and shirt for future photos
- Take your time - take a couple of pictures and pick the best one
- For boys: Light shirt or no t-shirt are preferred For girls: a fitted tank top and leggings are great
- Take shoes and socks off
- Long hair – please, do a bun or ponytail



Good internet speed is crucial for the therapist to be able to properly see the patient. Download the Simple Practice Apps to your device or access emailed links from your computer.



The BreatheWell Group

Function with a purpose.

TELEHEALTH INSTRUCTIONS

If you have a telehealth evaluation, you will receive a kit in the mail with all the tools that you'll need to take your own photos. You will take your own measurements under the guidance of your therapist during your telehealth evaluation. The kit will also contain other therapy tools that you'll be using in the follow up therapy appointments.



Client Portal



Telehealth



The BreatheWell Group

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The BreatheWell Group
www.thebreathegroup.com

CALL: 615-754-2134

TEXT: 615- 541-9249

Please use the clear plastic tool (cheek retractors) to hold your mouth open when taking certain photos (as demonstrated in the examples). You may want to apply lip balm or take retract one side at a time for comfort. Please Upload photos or share a “restricted” Google Drive link to thebreathegroup@gmail.com

Use flash, plain background and good lighting.



Front Posture



Side Posture



Back Posture



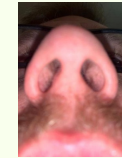
Side Posture



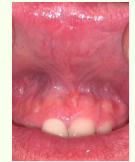
Face with smile



Face- no smile



Nares photo



Upper lip lift



Cheek Retractor
Example



Retracted teeth
together, center



Retracted teeth
together, right side



Retracted teeth
together, left side



Retracted teeth
apart, center



Retracted teeth apart,
right



Retracted teeth apart,
left



Palate photo



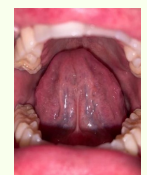
Lower arch



Tongue suction hold



Airway photo open



Wide open tongue lift