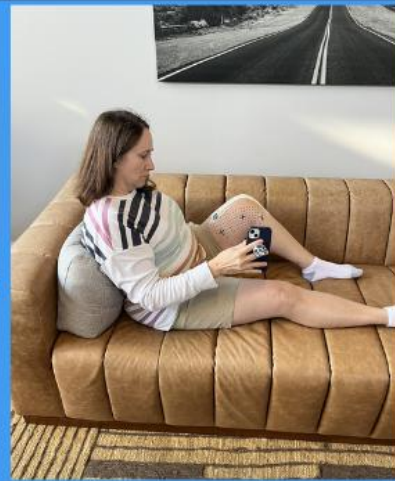


# MAKING A BENT LEG (FLEXION) ENTRY

## LEG POSITION

- 1 Sitting on a bed, couch or recliner
- 2 Slide heel towards your buttocks to bend as much as possible



## PHONE POSITION



- 1 Hold the phone to the side facing the inside of your knee (perpendicular)
- 2 All 3 crosses must be in the picture

## WHAT A GOOD PHOTO LOOKS LIKE

- ✓ Leg is bent
- ✓ All 3 crosses are visible



Your phone will automatically use the front camera!

