


How to Take Pictures Showing Your Child's Skin, Range of Motion, Mouth, or All 3

This information explains how to take pictures showing your child's skin, range of motion, mouth, or all 3. It also explains how to send these pictures to your child's care team using MyMSK.

Your child's range of motion is how far they can move a part of their body. MyMSK is MSK's patient portal.

When taking the pictures:

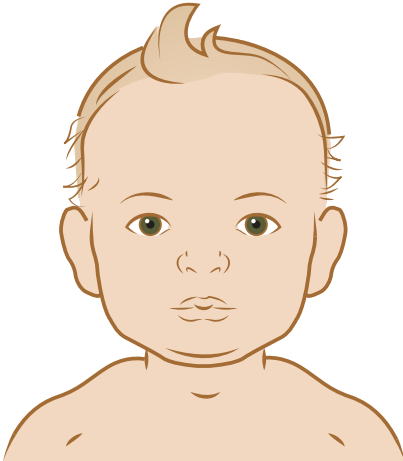
- Position your child so they're standing in front of or lying on top of a solid-colored background.
- Turn your camera's flash on.
- Center the body part you're taking a picture of in the frame.
- Make sure the camera is focused. If you're using your smartphone, tap the screen to focus it.
- If you're using an iPhone, please turn off live photo. You will see  when live photos are turned off.

Read *Tips for Taking Pictures to Share with Your Healthcare Provider* to learn more. You can find it online at www.msk.org/pe/tips_taking_pictures or ask your healthcare provider for a copy.

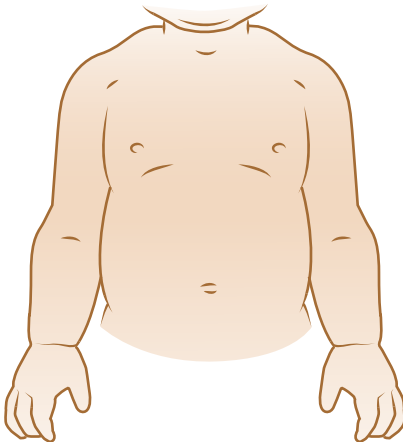


How to take pictures of your child's skin

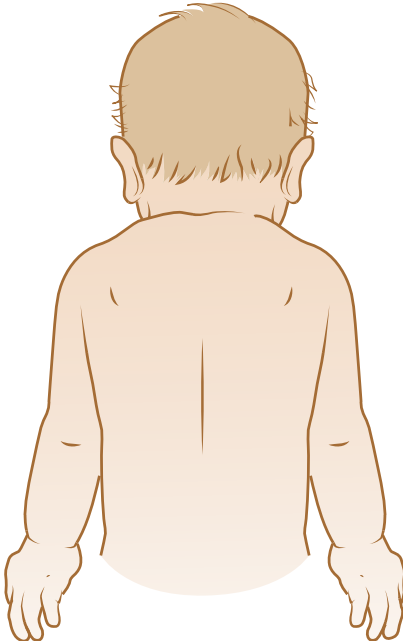
Face



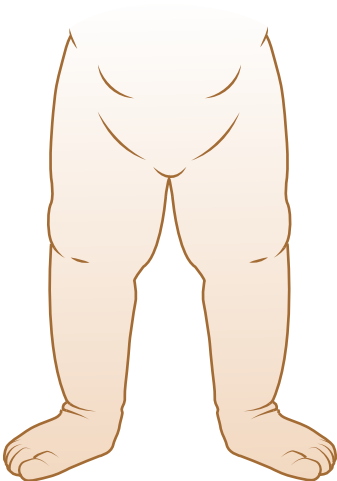
Front of upper body



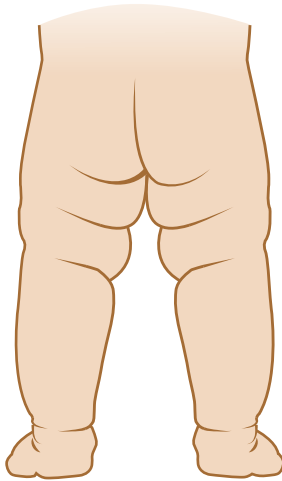
Back of upper body



Front of lower body

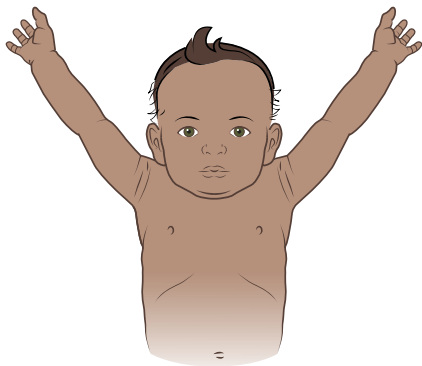


Back of lower body



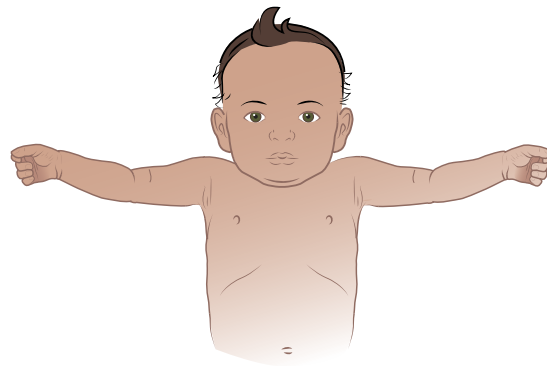
How to take pictures of your child's range of motion

Your child's care team will tell you if you need to take pictures of their range of motion. It's best if your child takes off any clothes covering the area you're taking a picture of. This helps their care team more clearly see their range of motion and check their skin.



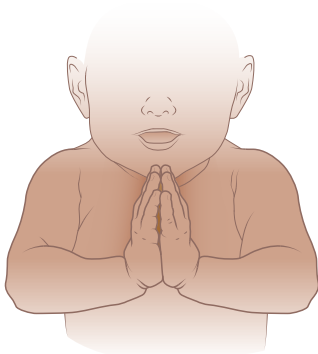
Shoulders

1. Ask your child to raise their arms above their head with their palms facing forward. They should keep their elbows straight.
2. Ask your child to move their arms as close to their ears as they can.
3. Take a photo of this position.



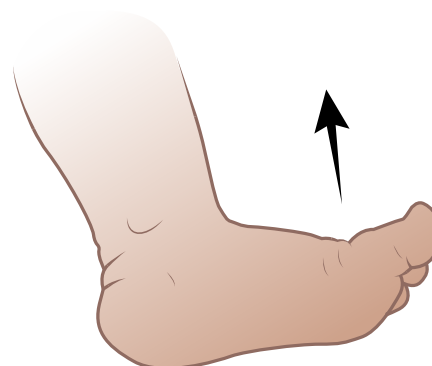
Elbows

1. Ask your child to hold their arms out to the sides with their palms facing upward.
2. Ask your child to straighten their elbows as much as they can.
3. Take a photo of this position. Include both arms in the photo, if you can.



Wrists and fingers

1. Ask your child to place their palms together.
2. Ask your child to raise their elbows until they are parallel to the ground. They should keep their palms as close together as they can.
3. Take a photo of this position.



Ankle

1. Ask your child to point their foot.
2. Ask your child to flex their foot up toward their shin.
3. Take a photo in this position.
4. Repeat with their other foot.



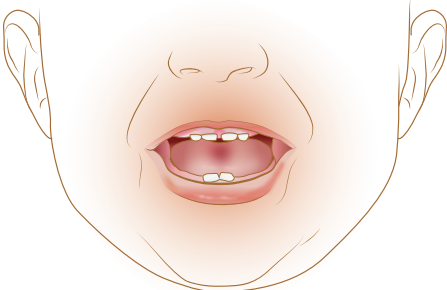
How to take pictures of the inside of your child's mouth

Your child's care team will tell you if you need to take pictures of the inside of your child's mouth.

Left side of their mouth



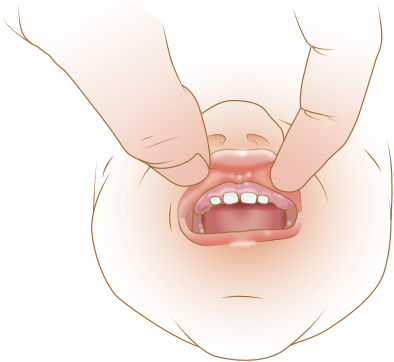
Back of their mouth



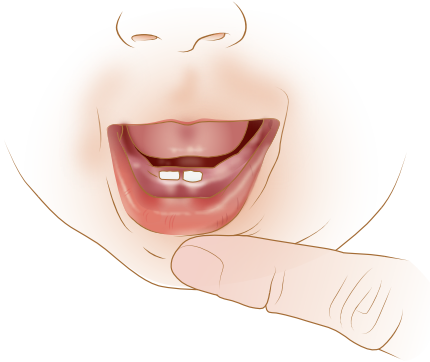
Right side of their mouth



Upper lip



Lower lip



How to send pictures to your child's healthcare provider using MyMSK

If you do not have a MyMSK account, visit my.mskcc.org, call 646-227-2593, or call your doctor's office for an enrollment ID to sign up. For more information, watch the video *How to Enroll in MyMSK: Memorial Sloan Kettering's Patient Portal* (www.mskcc.org/pe/enroll_myMSK).

MyMSK only allows you to send a certain number of pictures at a time. You may need to send more than one message to share them all with your child's healthcare provider.

To send the pictures using MyMSK on your computer:

1. Save your pictures to your computer. One way to do this is to use your phone to email the pictures to yourself, open the email on your computer, and save the pictures.
2. Log onto your MyMSK account.
3. From your homepage, click "Messages." Then click "Compose New Message."
4. From the Compose New Message page, click "Ask a General Question."
5. Type in the name of your healthcare provider. Choose the subject "Questions about my treatment."
6. In the text box, write a message to your healthcare provider.
7. To attach your pictures, click "Add attachment(s)" underneath the text box. Open the folder where your picture is saved and click on your picture. Then click the "Open" button. Repeat this step for each picture.
8. When your message is ready, click the "Send" button.

To send the pictures using the MyMSK app on your smartphone:

1. Log onto your MyMSK account.
2. Tap "Messages." Then tap the "+" symbol in the upper right corner of your screen.
3. Tap "General Office Communication."
4. Tap "To (Office of)." Choose your doctor's name.
5. Tap "Subject." Choose "Questions about my treatment."
6. To attach your pictures, tap the paper clip icon next to "Attachments." In the menu that appears, tap "Photo." Tap the photos to attach to the message, then tap "Done."
7. In the text box, write a message to your healthcare provider. When your message is ready, tap "Send."

