# How to Take Pictures Showing Your Skin, Range of Motion, and Mouth

This information explains how to take pictures showing your skin, mouth, and range of motion. Your range of motion is how much you can move a part of your body. It also explains how to send these pictures to your care team using MyMSK. MyMSK is Memorial Sloan Kettering's (MSK's) patient portal.

It's helpful to have someone take these photos for you.

**When taking the pictures:**

- Stand in front 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 are using an iPhone, please turn off live photo. You will see ⓞ when live photos are turned off.
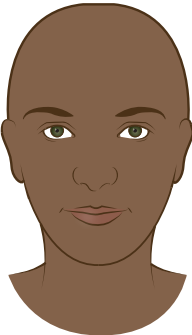
Read *Tips for Taking Pictures to Share with Your Healthcare Provider* (www.mskcc.org/pe/tips_taking_pictures) for more information.
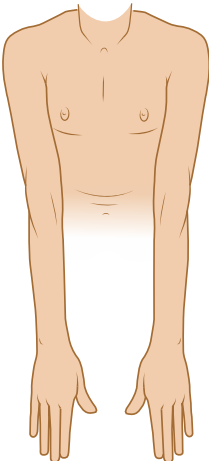
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# How to Take Pictures of Your Skin

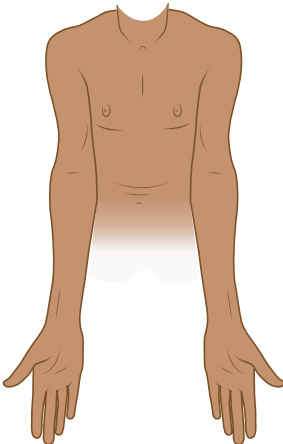It's OK to wear underwear in these pictures. It's best to wear a style that covers as little skin as possible.
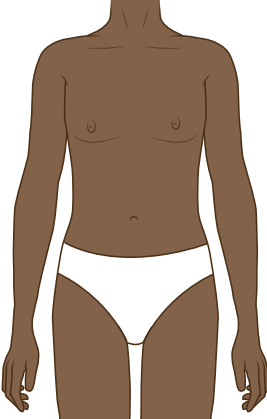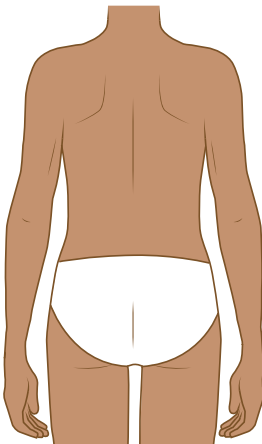
**Face**

**Front of your arms and tops of Your hands**

**Back of your arms and palms of your hands**
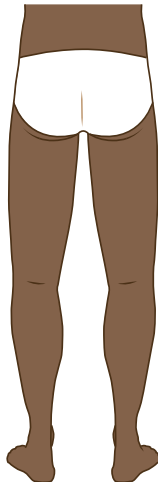
**Front of your torso**

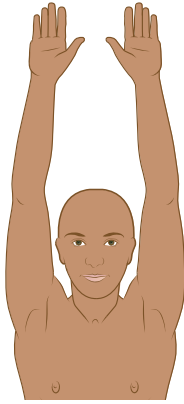**Back of your torso**

**Front of your legs**
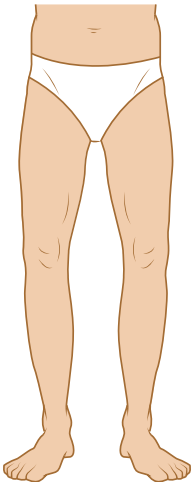
**Back of your legs**

# How to Take Pictures of Your Range of Motion

It's best to take off any clothes covering the area you're taking a picture of. This helps your care team more clearly see your range of motion. It also lets them check your skin.

## Shoulders

1. Raise your arms above your head with your palms facing forward. Keep your elbows straight.
2. Move your arms as close to your ears as you can.
3. Take a photo of this position
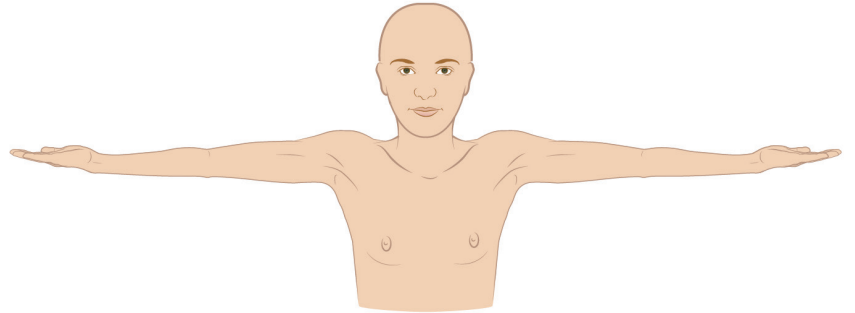
## Elbows

1. Hold your arms out to the sides with your palms facing upward.
2. Straighten your elbows as much as you can.
3. Take a photo of this position. Include both arms in the photo, if you can

## Ankle

1. Point your foot.
2. Flex your foot up toward your shin.
3. Take a photo in this position.
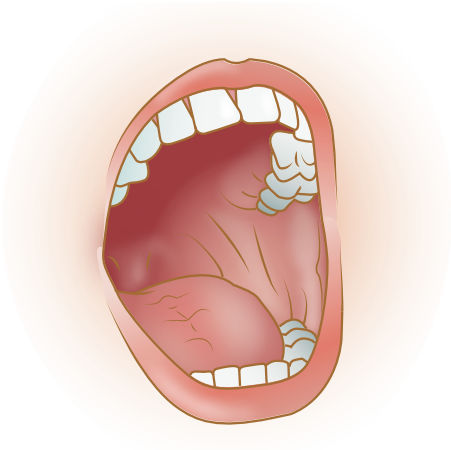4. Repeat with your other foot.

## Wrists and fingers

1. Place your palms together.
2. Raise your elbows until they are parallel to the ground. Keep your palms as close together as you can.
3. Take a photo of this position.

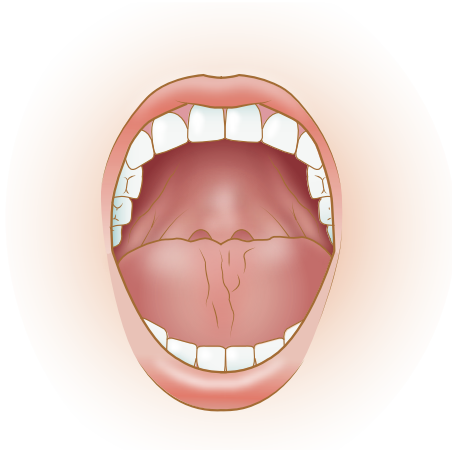**Memorial Sloan Kettering Cancer Center**

# How to Take Pictures of the Inside of Your Mouth

**Left side of your mouth**

**Back of your mouth**

**Right side of your mouth**

**Upper lip**

**Lower lip**

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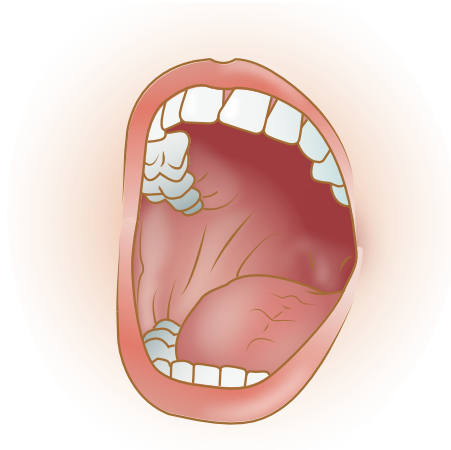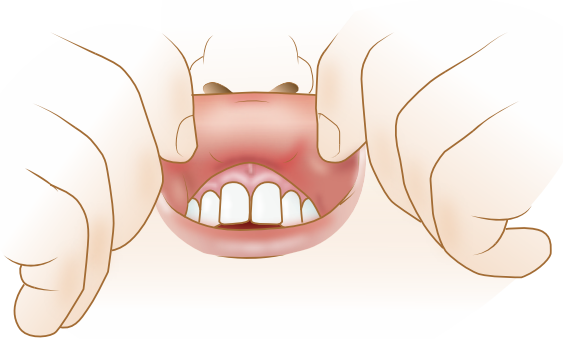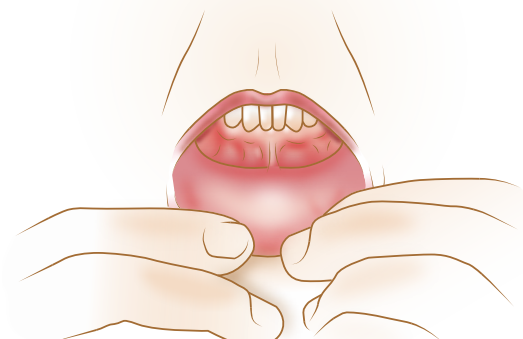
# How to Send Your Pictures to Your Healthcare Provider Using MyMSK

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 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."

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