

A stylized human figure composed of overlapping, flowing shapes in light blue, green, and yellow, positioned in the upper right corner of the page.

# **ISPRM International Rehabilitation Week 2020**

**ISPRM**

International Society of Physical  
and Rehabilitation Medicine

# ISPRM International Rehabilitation Week: November 30<sup>th</sup> – December 4<sup>th</sup>, 2020

## BEFORE RECORDING VIDEO

1. Think about the message you want to convey, write it down and **rehearse to make sure it's delivered within the time limit;**
2. You can **involve other members** of your group (*respecting COVID-19 safety measures or via conf. call*);
3. **Be creative!** We encourage you to do something different and not only speak to the camera.
4. You can speak your native language! **We just ask you to add the English subtitles.** Here's how to do it easily and for free online:  
<https://www.veed.io/>

# ISPRM International Rehabilitation Week: November 30<sup>th</sup> – December 4<sup>th</sup>, 2020

## RECORD YOUR VIDEO

**We strongly suggest you to use the free plan “Loom Starter”,  
specially if you are sharing your computer screen:**

- ✓ Log in/ Create account: <https://www.loom.com/signup>
- ✓ Activate Chrome browser extension or Download app  
(Mac users only)

### Quick tutorials:

- Getting Started: <https://youtu.be/3PY6v9s1MU8?t=22>
- How to Trim video: <https://youtu.be/L9Vtul6sXzc?t=66>
- ✓ Record your video and save the link to share with us.

# ISPRM International Rehabilitation Week: November 30<sup>th</sup> – December 4<sup>th</sup>, 2020

If **NOT** using [LOOM](#) make sure that:

1. Your video is recorded horizontally (mobile camera)
2. You download your video and make sure it's in MP4 format (convert for free online [HERE](#))

ISPRM

International Society of Physical  
and Rehabilitation Medicine

# ISPRM International Rehabilitation Week: November 30<sup>th</sup> – December 4<sup>th</sup>, 2020

**Please watch your video and check for audio quality. You may be asked to record again if we can't hear you clearly.**

**All good? Now you can submit your proposal:**

**<https://www.isprm.org/participating-in-the-isprm-international-rehabilitation-week/>**

ISPRM

International Society of Physical  
and Rehabilitation Medicine