

Specialty Guidelines

PHYSICAL MEDICINE & REHABILITATION REFERRALS (Physiatry)

Basic Requirements:

1. Complete referral form, if not submitted via eReferral
2. Doctors Progress Notes/Medical Records, if not in Cerner
3. Medication List, if not in Cerner
4. Relevant test results, if not in Cerner
5. X-Ray of specific joint or body region within 6 months of appointment date, if not in Cerner
6. Reports of prior X-Rays, EMG and/or MRI, if not in Cerner
7. Outside images to be sent to VCMC Radiology Department
Attn: PACS Administrator for downloading to PACS system
8. Surgical reports, if not in Cerner
9. Injection reports (i.e. arthrocentesis, epidurals), if not in Cerner
10. No children under 18 years of age
11. At any time the PCP may call and consult with the Specialist to amend or waive the work-up

*****If records are in Cerner, it must specify where it is located, date of visit and/or test date*****

Rehabilitation Referrals	
MUSCULOSKELETAL	NEUROLOGICAL
Amputations	Wheelchair Management
Bursitis	
Chronic Low Back Pain (non-opioid management)	Spinal Cord Injury
Chronic Neck Pain (non-opioid management)	Spasticity Management (Oral or botulinum toxin)
Joint Pain	Acquired Brain Injury
Peripheral Nerve Injury	Gait Abnormalities
Radiculopathy	Multiple Sclerosis
Sports Related Injury	Stroke
Ulnar Neuropathy	Brain Metastasis

Physical Medicine & Rehabilitation (Physiatry) guidelines continues...

<p>Musculoskeletal Injection Referrals (with or without ultrasound guidance)</p> <p>Diagnostic and/or Therapeutic (Can be performed safely in patients on anti-coagulation with INR <2.5 checked 2 days prior)</p>
COMMON LOCATIONS
Acromioclavicular Joint
Ankle Joint
Carpal Tunnel
Elbow Joint
First Carpometacarpal Joints
Glenohumeral Joint
Greater Trochanteric Bursa
Hip Joint
Knee Joint
Lateral Epicondyle
Lateral Femoral Cutaneous Nerve Block
Medial Epicondyle
Sacroiliac Joint
Subacromial Bursa
Trigger finger
Trigger points

**Please contact physician for any specific joints/tendons etc., not listed*

<p>Electrodiagnostics (Nerve Conductions Studies & EMGs) Patients suspected to have:</p>
Brachial Plexopathy
Carpal Tunnel Syndrome
Cervical Radiculopathy
Lumbar Radiculopathy
Peripheral Neuropathy
Peroneal (Fibular) Neuropathy
Radial Neuropathy
Ulnar Neuropathy