

Dr. Fournier

Sport Medicine Referrals from Allied Health Professionals

We are thrilled to see an influx of referrals from physicians, nurse practitioners, and allied health professionals since opening the practice to sport and exercise medicine referrals in October, 2023. The referrals we receive vary greatly, please see below for a brief outline from Dr. F to allied health professionals on how to refer to our clinic.

Allied health professionals should refer to me for:

- **Patients who are unaffiliated** – otherwise their regular primary care provider should lead workup and referral to me, if needed. I am happy to assist patients referred by allied health with further assessment, imaging, and consideration of injections for patients who do not have a PCP or a physician presently addressing this specific problem (ie orthopaedic surgeon, Island MSK).
- **MSK complaints** that aren't responding as expected, need further assessment or treatment.
- **Consideration of injections:** I commonly accept referrals for shoulder, knee, and trochanteric bursitis injections. I am open to wrists, epicondylitis, ankles, and more, but these are less routine for me. I do NOT inject hips (intraarticular) or spine/facet joints due to lack of training and imaging guidance.
- **Concussions**, particularly in athletes who might need extended guidance on return to school and sport

What do I need from you?

- **Patient identifiers** – health card number, date of birth, and contact information
- **Your contact info** – full name and occupation, fax number
- **A brief summary** of your most recent assessment – what's the story and what do you think is going on? What has been done so far? What does your exam show?
- **A question** – what would you like me to do or answer?
A helpful format is:
 - Dear Dr. F, Please see Patient X for consideration of right knee injection/for assessment of knee pain (or more specific). Here's what's happened... My impression is...

What can you expect from me?

- **Prompt care** – Typically, we are seeing MSK referrals in 2-6 weeks. If I have questions or concerns about your referral, you will hear from me within days via fax.
- **Updates** – You will receive a written report from me via fax every time I see the patient. There is no need to respond to these reports, but don't hesitate to reach out! I am happy to address any questions or concerns.

I also love to see your assessments and plans for our mutual patients – keep the updates coming!

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