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New Patient Referral Guidelines

General Requirements for All Orthopedic Patients

- Completed referral sheet, demographics page, current medication list and most recent progress notes reflecting the need for referral
- Most recent labs-CBC, Metabolic profile and HgbA1C if patient is diabetic
- Imaging studies of the affected area
- Notes regarding any prior conservative management (i.e., NSAID use, corticosteroid injections and physical therapy)
- All surgical reports for referring issue, if applicable
- ❖ We treat all joints for osteoarthritis, sports injuries and fractures, but please note we do not treat neck or spine issues.
- ❖ Please note if this is a second opinion, third party liability and workers compensation. We reserve the right to review and accept these referrals on a case-by-case basis.
- ❖ East Hawaii Health Orthopedics does not provide disability ratings or IMEs.

Diagnosis Specific Requirements

Osteoarthritis

- Shoulder: 4 view X-rays
(Order as "Ortho Series" at Hilo Medical Center)
- Hip: 2 view X-rays w/pelvis + marker
- Knee: 4 view X-rays
(Order as "Ortho Series" at Hilo Medical Center)

Sports Injury or Trauma

- CT or MRI

Carpal Tunnel

- EMG results if available

Shoulder Fractures

- AP internal and external rotation views (2 views)