



HEALTH PLAN OF NEVADA
A UnitedHealthcare Company

11.13 ORTHOPEDIC REFERRAL GUIDELINES

Contracted Group: Nevada Orthopedic and Spine Center

Appointments: (702) 258-3773

All Other Inquiries: (702) 878-0393

Fax: (702) 258-3777

NORTHWEST LOCATION:

7455 W Washington Ave Ste 160
Las Vegas, NV 89128

SOUTHEAST LOCATION:

1505 Wigwam Pkwy Ste 330
Henderson, NV 89074

All referrals and patient medical records (pertaining to the specified condition) are to be faxed or attached to online referral.

The patient's telephone number must be on the referral.

If the patient has a fracture, **call Nevada Orthopedic & Spine Center while the patient is still in the office to schedule an appointment.**

Patients are **required to bring appropriate x-rays and other diagnostic test reporting** (if applicable) to their appointments.

Patients experiencing **numbness and tingling in the upper extremities or possible diagnosis of carpal tunnel syndrome must have EMG testing before seeing an orthopedic surgeon.**

ACUTE INJURIES - IMMEDIATE (AT RISK OR EXPEDITED) REFERRAL

Fractures

Sprains

Cauda equina (loss of bowel & bladder) symptoms

Acute neurological deficits

Acute sudden onset of pain

NON-ACUTE PAIN AND CHRONIC CONDITIONS –ROUTINE REFERRAL

Patient must be experiencing pain in excess of six weeks

Referrals require documented conservative treatment:

NSAID's (non steroid anti inflammatory drugs)

Physical Therapy applies to:

***Knee pain up to age 57 will need Physical Therapy before orthopedic referral**

***Shoulder pain for all ages will need Physical Therapy before orthopedic referral**

***Elbow pain age 18-60 will need Physical Therapy before orthopedic referral**

***Spine/Back pain for all ages will need Physical Therapy before orthopedic referral**

NON-ORTHOPEDIC BODY PARTS: (Should not be referred to Orthopedics)

Head, Facial Bones, Ribs

Podiatry issues such as bunions, hammertoes, metatarsal fractures, bone spurs, etc. Please refer these issues to SMA Podiatry.

X-RAYS NEEDED FOR CONSULTATIONS

SPINE

- Cervical: Standing A/P, Lateral, Odontoid
- Thoracic: Standing A/P, Lateral, Swimmer's view
- Lumbar: Standing A/P, Lateral, spot lateral

SHOULDER

- A/P, Internal & External
- Y view
- Axillary view

ELBOW

- A/P, Lateral
- External oblique
- For masses, consider MRI

HIP

- A/P, Lateral to include proximal ½ femur
- A/P, Pelvis

KNEE

- Standing A/P views bilateral
- Lateral skyline or sunrise view of affected side

FOOT

- A/P, Lateral and Oblique

WRIST

- PA, Lateral, Oblique, Scaphoid

HAND

- PA, Fan Lateral and Oblique

FINGER

- PA, Lateral and Oblique