



**CRMC Medical Group**  
General Surgery - Neurosurgery  
Orthopedics - Urology

Coffeyville Regional Medical Center - [www.crmcinc.org](http://www.crmcinc.org)

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## PATIENT REFERRAL FORM

Referring Provider: \_\_\_\_\_

Referring Provider Phone: \_\_\_\_\_

Patient's name: \_\_\_\_\_

Patient's DOB: \_\_\_\_\_

Patient's phone number: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

Date and Location of most recent MRI: \_\_\_\_\_

(MRI must be less than one year old, and if it was not completed at CRMC, patient must bring imaging with them on a disc to scheduled appointment.)

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For CRMC Medical Group

\_\_\_\_\_

Date of Appointment

\_\_\_\_\_

Time

AM / PM

# Nonsurgical Treatment Options

- Heat and cold therapy (heating pads, ice packs)
- Stretching
- Counseling and coaching, Self-care techniques
- Meditation, Relaxation techniques
- Exercise
- Rehabilitation, Physical Therapy, Occupational Therapy- typically 4-6 weeks
- Weight loss, Proper nutrition
- Non-opioid pain medications (non-steroidal anti-inflammatory drugs, antidepressants, anticonvulsants) ie: Cymbalta, Gabapentin, etc.
- Massage, Acupuncture
- Trigger Point Injections, Epidural Steroid Injections
- Chiropractic care
- Specialist pain care, Nerve stimulation
- Attention to proper sleep
- Mental Health Treatment as indicated

## Remember...

1. Most private/state insurances require four specific nonsurgical treatment options be attempted before surgery will be considered:
  - a. Pain medication- may or may not include opioids
  - b. Anti-inflammatories
  - c. Epidural Steroid Injections as indicated
  - d. 4-6 weeks of Physical Therapy as indicated
2. Medicare patients typically do *not* require prior authorizations for surgical management.
3. Kyphoplasty is typically the best treatment option for reducing pain associated with acute compression fractures and should be performed as soon as possible following the fracture.
4. Patients with/without radicular pain and new onset foot drop should be referred to neurosurgery immediately.
5. A myelopathic gait or otherwise unexplained loss of balance should be investigated for cervical spinal cord compression.