REBALANCEMD

Acute Extremity Musculoskeletal Injury Referral Pathway

This pathway applies only to ACUTE injuries or presentations (< 6 weeks)

This care pathway does not apply to Spine or Hand Injuries

Fractures

Stress Fractures

Acute MSK Clinic @ REBALANCEMD

All Other Fractures

On Call Orthopaedic Surgeon
via Hospital Switchboard (ERPs may use Tracker for non-surgical fractures)

Soft Tissue Injuries

Tendon ruptures where urgent Surgical Repair may be indicated:

- Achilles tendon rupture
- Distal Biceps Tendon rupture @elbow
- Quads Tendon rupture
- Patellar Tendon Rupture
- Pectoral Tendon rupture
- Proximal Hamstring Tendon Rupture

On Call Orthopaedic Surgeon
via Hospital Switchboard

*Average waittimes for the Acute MSK clinic @RebalanceMD are 2-5 weeks. *If additional imaging is ordered (eg. US, MRI, CT), please request that results are CC'd to RebalanceMD

Soft Tissue Injuries Requiring Follow Up Without Urgent Surgical Indication:

Shoulder:

- AC joint separation
- Shoulder dislocation including Hill Sachs fractures
- Rotator cuff injuries including tears
- Long head of biceps rupture
- Acute calcific rotator cuff tendonitis
- Frozen Shoulder (in freezing or painful phase)

Knee:

- Acute knee injury - Suspected or proven meniscus, knee ligament injuries, Patellofemoral dislocations
- Locking episodes

Ankle:

- Severe sprains

Acute MSK presentation without appropriate follow up

Acute Severe Exacerbation of Degenerative MSK Condition that would benefit from urgent injection therapy

On Call Orthopaedic Surgeon
via Hospital Switchboard
or
Acute MSK Clinic @ REBALANCEMD