

## Patient Information

### MSK Rapid Access Clinic Hip/Knee Patients

#### Why Rapid Access Clinic (RAC) - Hip or Knee Pain?

You have been referred to a Rapid Access Clinic by your family doctor or nurse practitioner for assessment of your hip and / or knee pain. You will be seen by an Advanced Practice Provider, a physiotherapist with advanced training with the surgical team, who will perform your assessment and assist in determining if you need to see a surgeon / specialist to address your concerns and provide you with recommendations and resources to manage your symptoms.

#### **Preparing for Your Appointment: What Do I Need to Do?**

Please plan to arrive at your appointment **30 minutes before** your scheduled time and allow time for parking.

**If you have been instructed to bring a disk** with your x-ray images (this would have been discussed with you at the time of booking) please ensure you contact the x-ray facility to arrange for pick-up at least 24 hours prior to your appointment. **Failure to bring the x-ray images could result in cancelling and rescheduling your appointment.**

#### **Please bring the following items to your appointment:**

- ☐ Valid health card
- ☐ List of current medications. We will also ask you to complete a health history form when you arrive and discuss past and current medical issues and surgeries that may impact your hip/knee treatment.
- ☐ Any gait aid that you require to walk safely (cane, walker)
- ☐ Bring shorts or loose-fitting pants that can be rolled up above the knee so that you can be examined properly
- ☐ Any existing knee braces you are currently using

#### **How long is the assessment?**

The assessment is up to 1 hour in length. You will arrive 30 min prior to the start of your appointment. Occasionally, additional tests may be done following the assessment before you leave your appointment.

#### **What happens during an assessment?**

An Advanced Practice Provider, or APP, will discuss your concerns with you regarding your knee and/or hip and perform an examination of the area, including walking and performing certain movements of the joints and lower body. Your x-ray images will be reviewed and the APP will discuss treatment options with you.

#### **What if I need surgery or additional investigations?**

If you would benefit from a consultation with a surgeon, your referral will be forwarded to the surgeon's office for review. Once they accept your referral you will be placed on a wait list for an appointment. The surgeon's office will contact your family physician with appointment details once an appointment is available. If the surgeon does not accept your referral, the Rapid Access Clinic team will contact you to discuss options.