



Dear Patient:

You have been referred to our department for a focused cervicothoracic spine evaluation. One of our spine care specialists will review your history and perform a physical examination during your visit. Our goal is to diagnose your problem as precisely as possible and then recommend an appropriate treatment program. However, spine problems are often complex and thus you may require additional evaluation prior to developing your treatment program.

To assist your doctor in recommending the best possible care we are requesting that you completed the eight-page **Confidential Cervicothoracic Questionnaire** as accurately as possible prior to your appointment and bring the completed questionnaire with you to your exam. If you have difficulty completing your questionnaire please call 510-307-1661 for assistance. You will have time to go into more detail with the physician on any issues which you feel you cannot adequately cover in the space allotted. Because it takes a little effort and time to complete the questionnaire you should fill it out before your appointment. If you are unable to complete your questionnaire prior to your appointment, or if you forget to bring it to your exam, your appointment will need to be rescheduled.

If you have medical records or x-rays (MRI's or CT scans) performed outside of Kaiser which have information about your current problem, please bring a copy of the actual study with you on the day of your appointment. Please arrive 10 to 15 minutes early so that our receptionist can arrange your paperwork.

About the physical examination: you will be asked to undress to your undergarments and wear a hospital gown. Loose fitting athletic shorts may be worn in lieu of the gown, but not athletic body suits. A complete evaluation requires that the entire spine and extremities be visualized and examined. Because you will be asked to disrobe and participate in a vigorous examination, it is best not to bring young children into the room during your examination. If you have any questions about your upcoming appointment, please call our staff at (510) 307-166.

The Kaiser Richmond Physical Medicine Clinic is located on the 3rd floor of Building B at Kaiser Richmond. Please call (510) 307-1661 for directions. We look forward to providing you with an advanced spine care consultation.

Thank you.

The Kaiser Richmond Physical Medicine Department