

Department of Physical Medicine
901 Nevin Avenue
Richmond, CA 94801
510-307-1661

Dear Patient:

You are returning to our department for a continuation of your lumbosacral spine care consultation. One of our spine care specialists will review your history and progress since the last visit and address the reason for your return visit. The goal is to diagnose your problem as precisely as possible and recommend an appropriate treatment plan. In some cases we may recommend that you come back to the clinic for another appointment to review additional studies.

To assist your doctor in recommending the best possible care, we are requesting that you print out and complete the "Lumbosacral Follow-Up Questionnaire" as accurately as possible prior to your appointment and bring it to your appointment. 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.

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 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 perform a relatively 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) 307-1661.

The Physical Medicine Clinic is located on the 3rd floor of Building B at Kaiser Richmond. Please call (510) 307-2148 for directions. We look forward to providing you with a detailed spine care consultation.

Thank you!

The Kaiser Richmond Physical Medicine Department