



Hip And Knee Rapid Access Clinic

RMH's Hip and Knee Rapid Access Clinic provides timely assessments of hip or knee arthritis with accompanying personalized treatment plans. The program is for all individuals aged 18 and over experiencing moderate-to-severe hip or knee arthritis who may be considering hip or knee replacement surgery.

How Can I Be Referred To RAC?

Ask your primary care provider to send a referral to Lakeridge Health Central Intake, where it will be sent to a hospital-based RAC closest to your home.

Who Will See Me?

You will be seen by an Advanced Practice Physiotherapist with advanced training in orthopaedic care. They will provide information about your condition and make treatment recommendations tailored to your needs, including referrals for surgical consults and/or non-surgical treatments like exercise or community programs. If you are a surgical candidate, you will be referred for a consult with an orthopaedic surgeon based on your choice of a preferred surgeon, preferred hospital, or the next available appointment.

How Long Is The Wait Time?

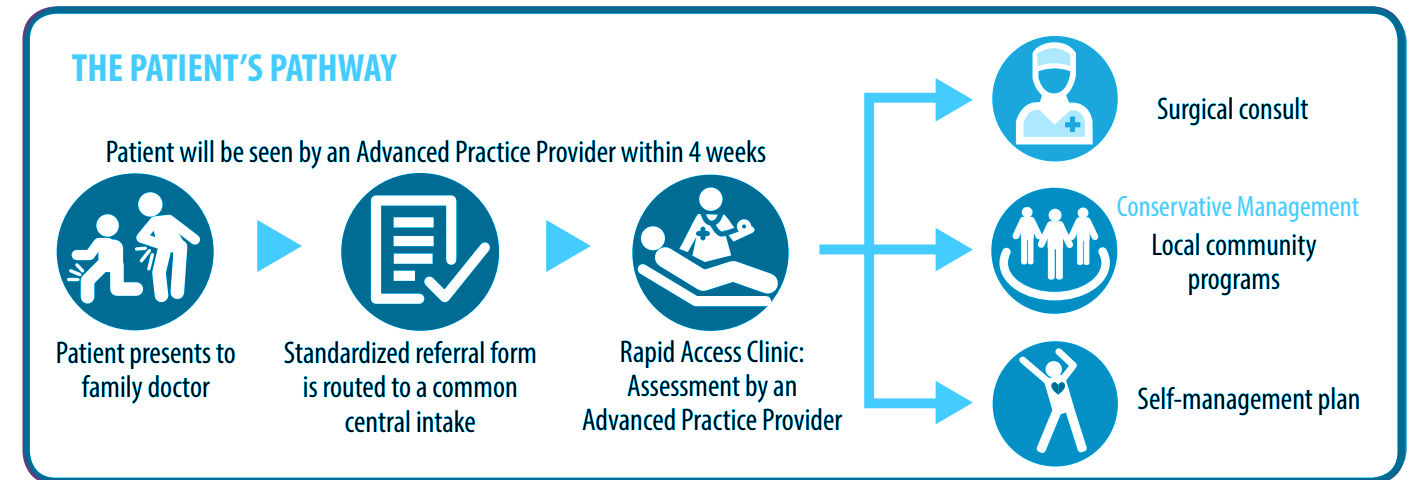
You can expect an appointment date at the Hip and Knee Rapid Access Clinic within four weeks of your referral.

Will My Primary Care Provider Be Informed About My Assessment?

Yes, your PCP will be sent a consultation note summarizing your assessment results and outlining the next steps, including any required follow-up appointments.

Rapid Access Clinic Model

The following diagram illustrates the pathway for patients referred to a Rapid Access Clinic.



What Will Happen

At My Assessment?

The Advanced Practice Provider will:

- Review your medical history.
- Ask questions about your health.
- Have you complete tests to assess your movement and identify sources of pain.
- Discuss treatment options and work with you to develop a treatment plan.

What Do I Need To Do

Before My Appointment?

Plan to spend about one hour in the clinic. To optimize your time with your Assessor, please ensure you have:

- A valid health card.
- Access to your x-rays (e.g., on a CD or through digital download).
- Comfortable clothing and shoes.



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