

UVM Health ORTHOPEDICS HIP DISORDERS Referrals/Consult

All referrals must include the most recent visit note and imaging reports. Be sure imaging done outside UVMH is sent to UVMHC Film Library with reports. Below we provide guidance on popular referrals. Any fracture should be sent as an URGENT referral.

Routine Referrals:

Hip osteoarthritis:

- Preferred Xrays: 2 views of affected hip (AP and lateral; WEIGHTBEARING)
- While awaiting referral, initiate non-surgical treatment (trial of NSAID if not contraindicated; trial of PT; consideration of ambulatory device).
- **Note:** To qualify for joint replacement, patients usually will need to have BMI<40, smoking cessation and A1c<7.

Hip avascular necrosis (AVN) or sign of AVN on imaging:

- If sign of joint collapse on imaging, then URGENT referral; otherwise, ROUTINE referral.

Pain **ONLY** involving posterior thigh or buttock, or if concern for spine etiology for pain such as arthritis, claudication, radiculopathy:

- Orthopedic SPINE referral

Greater trochanter bursitis (i.e., pain involves the **LATERAL** hip with tenderness over the greater trochanter, usually without groin pain):

- Initiate 6 weeks nonsurgical treatment (refer to PT, discontinue offending activities, trial OTC medications).
- If unsatisfactory improvement after 6 weeks and a complete gluteal tendon tear is not suspected, consider US guided trochanteric bursal corticosteroid injection.
- If unsatisfactory improvement after 3 months of nonsurgical treatment place ROUTINE referral.

MRI of affected hip indicates one of the following:

Complete proximal hamstring tendon tear

- Note: MRI is usually required to confirm tear location and extent.
 - For acute tears, URGENT referral.
 - For non-acute tears, ROUTINE referral.

Labral tear or impingement (with no sign of osteoarthritis on imaging)

- Initiate 6 weeks nonsurgical treatment (refer to PT, discontinue offending activities, trial OTC medications).
- If symptoms persist, place ROUTINE referral to CVMC ORTHOPEDICS ONLY.

Partial gluteus medius tear

- Initiate nonsurgical treatment (refer to PT, discontinue offending activities, trial OTC medications) for low and mid-grade partial tears.
- If unsatisfactory improvement after 6 weeks, ROUTINE referral.

Complete gluteus medius tear

- ROUTINE referral.

Other MRI hip finding

- ROUTINE referral; clearly specify reason for referral and provide supporting documentation and imaging (images and reports).

Hip pain not meeting one of the above, and MRI has NOT been done:

- Initiate nonsurgical treatment for hip pain (refer to PT, discontinue offending activities, trial OTC medications).
- If unsatisfactory improvement after 6 weeks, consider MRI of the affected hip prior to referral.
- After MRI is completed, ROUTINE referral.