



Welcome to Southland Sport Medicine. We would like to take this opportunity to describe our practice to you so that you can get the most out of your visit today. We are sport medicine physicians trained to help you with most musculoskeletal (muscle and joint) problems. We are **NOT** surgeons, rheumatologists (doctors trained to deal with forms of arthritis other than osteoarthritis) or physiotherapists. We do **NOT** see WCB, MVA patients or patients involved in litigation as we do not provide medical-legal reports. Please let us know if any of these apply to you and we will advise you on how to proceed.

This is a teaching clinic. You will usually be assessed first by a Family Medicine resident (a family doctor in training). After they assess you they will discuss your case with the doctor you were referred to and you will then be re-evaluated by both the resident and the doctor. The whole process should take anywhere from 20-45 minutes. Please understand that, in the interest of time, we can only assess 1 joint per visit (or 2 of the same joint if relevant). If you have more than 1 joint that requires assessment please plan to book another visit for each joint; another referral may be required.

We apologize if you have waited weeks or even months to get an appointment at this clinic. We understand that you must be in some discomfort and we are very sensitive to this; however, there are only a few physicians in the city of Calgary specializing in Sport Medicine who are willing to see patients with non-sport related pain or injury. We do see sport-related injuries as a priority, but we also read every referral that we receive and triage each one in an attempt to see more urgent problems more quickly.

We do not see our role simply as a route into a surgeon's office; if you do require a surgical opinion you will still likely wait for at least 6-18 months for this as we are not always able to expedite a referral to a surgeon. If you have had an MRI or ultrasound that demonstrates a tear in something this does not always make your problem more urgent. Not all tears need surgery (we treat patients, not test results). Additionally, having pain does not make your problem more urgent since all patients referred to us have pain. We are trained to evaluate and recommend non-surgical treatment options such as home exercises, physiotherapy or chiropractic treatment. Occasionally we will recommend an injection to help with your pain. Some of these injections can be done in the office; others may need to be performed by a radiologist under x-ray or ultrasound guidance.

If you are unable to attend your appointment, please call or leave a voicemail at least 24 hours in advance; this allows us the opportunity to rebook this appointment with someone from our waitlist. A fee of \$50 (follow up) or \$100 (new assessment) will be applied for no shows and cancellations with less than 24 hours' notice, because we will not be able to fill these spots in this situation. We do provide a courtesy call one business day before your appointment as a reminder and to otherwise confirm or reschedule if necessary.

Thank you for your patience. We will do our best to help you achieve an improved quality of life and to return to your pre-injury status as quickly as possible.

Dr. Eric Babins

Dr. Stephanie Mullin

Dr. Neesha Patel

Dr. Brett Hollowell

Signed: _____

Southland Sport Medicine
2000 Southland Drive SW
Calgary, AB T2V 4S4
tel: 403-251-9535 | fax: 403-251-9595
www.lifemark.ca