

Approval Required: On-Referrals for Restricted Services Orthopaedic Surgeons



Last updated 19 June 2024



Scenario 1 - Physiotherapy

An orthopaedic surgeon examines a Defence member who has recently undergone surgery for a rotator cuff tear in their shoulder. Following the surgical intervention, the surgeon determines that post-operative rehabilitation is crucial for the patient's successful recovery and regaining full shoulder functionality. The surgeon makes an on-referral to a skilled and experienced physiotherapist specialising in post-operative shoulder rehabilitation. By on-referring the patient to a physiotherapist, the surgeon ensures access to expert guidance in tailored exercises, manual therapy techniques, and functional rehabilitation to optimise the patient's recovery, regain strength, and restore shoulder mobility.

In this scenario, Defence approval is required because Physiotherapy is considered a Restricted Service.



Scenario 2 – Pain Management

A Defence member visits an orthopaedic surgeon with a history of lower back pain. After evaluation, the surgeon determines that the patient would benefit from targeted pain management strategies. The surgeon makes an on-referral to a specialised pain management physician who has significant experience working with military personnel. By on-referring the Defence member to a specialist familiar with the specific needs of military personnel, the surgeon ensures access to comprehensive pain management strategies tailored to their service-related injuries.

In this scenario, Defence approval is required because Pain Management is considered a Restricted Service.



Scenario 3 – Imaging & Radiology

An orthopaedic surgeon examines a Defence member who presents with chronic knee pain and limited range of motion. Suspecting an internal knee injury, the surgeon decides to make an on-referral to a radiologist for further evaluation. The surgeon believes that advanced imaging techniques, such as magnetic resonance imaging (MRI), will provide valuable insights into the underlying cause of the knee pain. By referring the patient to a radiologist, the orthopaedic surgeon ensures access to specialised expertise in musculoskeletal imaging, enabling accurate diagnosis and guiding appropriate treatment options for the patient's knee condition.

In this scenario, Defence approval is not required because Pathology is considered a Non-Restricted Service.

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Non-Restricted Services

For diagnostic purposes only.

DO NOT require further Defence approval



Pathology



Imaging & Radiology



Hand Therapy*

* Pre-approval of up to a maximum of 6 Hand Therapy sessions on-referred by an Orthopaedic Specialist where it's been determined clinically required.

Restricted Services

Outside scope of Non-Restricted Services
Require further Defence approval



Physiotherapy



Pain Management



Rheumatology



Podiatry



Sports Medicine



Prosthetics



Oncology

This does not represent an exhaustive list.

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