

**Partial listing of services offered:**

- Office-based orthopedic injury care
- Stress fracture management
- In-Office diagnostic ultrasound
- Ultrasound-guided injection therapy
- TENEX tenotomy for chronic tendon pain
- Platelet-rich plasma treatment
- Prolotherapy
- Adipose stem cell injection therapy
- Diagnosis and management of exercise-induced asthma
- Exercise testing for compartment syndrome
- Exercise testing for athletic training thresholds
- Custom orthotics
- Orthopedic physical therapy
- Certified ASTYM Providers



**STADIA SPORTS MEDICINE**

Lakeview Medical Park  
6000 University Avenue Suite 250  
West Des Moines, IA 50266

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**REFERRAL FORM**

*Please include patient demographic and insurance information as well as patient history or recent notes with the referral.*

Name of Referring Clinic/Facility: \_\_\_\_\_

**SPORTS MEDICINE M.D. CONSULTATION**

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Special Instructions/Reason for Referral: \_\_\_\_\_

\_\_\_\_\_  
Provider Signature                      Printed Name                      Date

**PHYSICAL THERAPY REFERRAL**

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Special Instructions/Precautions: \_\_\_\_\_

Frequency: \_\_\_\_\_

Duration: \_\_\_\_\_

\_\_\_\_\_  
Provider Signature                      Printed Name                      Date

**Please include patient demographics and insurance information as well as patient history or recent notes.**

**Thank you for the referral!**

*Workers' Comp referral forms can be found on our website or call to have one faxed to you.  
Online referral forms are also available through our website.*