

Orthopedic Specialty Associates, P.A.

Out-of-Town/State Patient

What to Bring

- MRIs on a CD or x-ray films with the reports. If the CD has been mailed, please bring a copy to your first visit.
- Completed paperwork - Medical history forms and new patient paperwork may be found on our website.
- Previous physicians' notes and reports about all injections or procedures you have had performed with dates.
- Other test results including EMG, labs, bone scans, vascular studies, etc.
- Surgical reports including the date and type of surgery, and the technique and instrumentation used.
- Family members can be helpful at your appointment. Coaches and agents are welcome, as long as they have your permission to attend. Please bring the name, phone number, and email address of your school's athletic trainer with you to your appointment.
- Comfortable clothes, such as a T-shirt, shorts or sweatpants, and tennis shoes, should be worn.
- Medication that you take regularly, or a list of your prescriptions and dosages.

What to Expect

Plan to spend the majority of your day at Orthopedic Specialty Associates (OSA). During your visit you will receive a comprehensive assessment of your injury. The following will be completed during your appointment:

- Please arrive one hour early for paperwork completion.
- It may be necessary for you to visit a Texas Health Sports Medicine performance lab for measurements such as range of motion, strength and balance.
- You will return to OSA for completion of your initial evaluation and consultation with a physician.
- You may need to complete additional tests such as an MRI or EMG at one of our testing locations. An OSA staff member will contact you to review the test results.
- You may also be scheduled for a same-day full physical therapy appointment at Texas Health Sports Medicine, where you will meet with a physical therapist familiar with your goals for recovery. After an evaluation, you will be given an updated exercise protocol to share with the physical therapist you will be working with at home.
- At each follow-up appointment with OSA, you will have a physical therapy visit as well. If you call to cancel or reschedule your appointment at OSA, please remember to call Texas Health Sports Medicine to cancel or reschedule your physical therapy appointment.

Tests

Nerve Test

Patrick Donovan, M.D.
1011 Collier St., Suite A
Fort Worth, TX 76102
817-332-7650

Ben Hogan Radiology Center

800 5th Ave., Suite 140
Fort Worth, TX 76104
817-250-5962

Envision Imaging

815 Pennsylvania Ave.
Fort Worth, TX 76104
817-321-0300

Midtown Imaging

900 Jerome St., Suite 104
Fort Worth, TX 76104
817-768-5317

Touchstone Imaging

1701 W. Rosedale St.
Fort Worth, TX 76104
817-922-7780

Physical Therapy & Biomechanical Testing

Texas Health Sports Medicine

ERA – Evaluation of the Rotational Athlete (Upper Extremity)

Performance Lab
800 5th Ave., Suite 150
Fort Worth, TX 76104

TEL 817-250-7500

FAX 817-250-7501

Texas Health Sports Medicine Southwest

LEAP – Lower Extremity Assessment and Performance Lab

6301 Harris Pkwy., Suite 150
Fort Worth, TX 76132

TEL 817-433-1450

FAX 817-433-1451

If you have questions, contact our office.
TEL 817-878-5300 | FAX 817-878-5307



**Orthopedic Specialty
Associates, P.A.**

Part of Texas Health Physicians Group

Fort Worth Accommodations, Attractions and Restaurants

800 5th Ave., Suite 500 | Fort Worth, TX 76104



Orthopedic Specialty Associates is located in the heart of Fort Worth, just 1.5 miles from downtown. Our office is in the Ben Hogan Tower of Texas Health Harris Methodist Hospital Fort Worth. Local airports include Dallas-Fort Worth (DFW), Dallas Love Field (DAL) and Meacham (FTW).

MEDICAL DISTRICT HOTELS AND RESTAURANTS

Hilton Garden Inn

912 Northton St. | 76104
817-921-0788

Homewood Suites by Hilton

2200 Charlie Ln. | 76104
817-921-0202

Chipotle Mexican Grill | 1519 W. Rosedale St. 76104

Torchy's Tacos | 928 Northton St. 76104

Around Fort Worth

HOTELS

The Ashton Hotel | 817-332-0100
610 Main St. | 76102

Fairfield Inn & Suites by Marriott | 817-335-2000
1505 S. University Dr. | 76107

Hilton Fort Worth | 817-870-2100
815 Main St. | 76102

Holiday Inn Express & Suites | 817-698-9595
1111 W. Lancaster Ave. | 76102

Omni Fort Worth Hotel | 817-535-6664
1300 Houston St. | 76102

SpringHill Suites by Marriott | 817-878-2554
3250 Lovell Ave. | 76107

The Worthington Renaissance | 817-870-1000
200 Main St. | 6102

ATTRACTIONS

Clearfork – Shopping, Dining | clearfork1848.com

Fort Worth Zoo | fortworthzoo.org

Historic Fort Worth Stockyards | fortworthstockyards.org

Near Southside – Restaurants | nearsouthsidefw.org

Sundance Square – Shopping, Dining, Movies | sundancesquare.com

Texas Christian University | gofrogs.com

West 7th – Shopping, Dining, Movies | west-7th.com

Museums/Cultural District | fwculture.com

Modern Art Museum of Fort Worth

Amon Carter Museum of American Art

Fort Worth Museum of Science and History

Kimbell Art Museum

National Cowgirl Museum and Hall of Fame

RESTAURANTS

Blue Sushi Sake Grill | 3131 W. 7th St. 76107

The Capital Grille | 800 Main St. 76102

Cooper's Bar-B-Que | 301 Stockyards Blvd. 76164

Del Frisco's | 812 Main St. 76102

Eatzi's Market and Bakery | 1540 S. University Dr. #100 76107

Flying Fish | 2913 Montgomery St. 76107

Heim Barbecue | 1109 W. Magnolia Ave. 76104

HG SPLY CO | 1621 River Run #176 76107

Hoffbrau Steak & Grill House | 1712 S. University Dr. 76107

Joe T. Garcia's | 2201 N. Commerce St. 76164

Lili's Bistro | 1310 W. Magnolia Ave. 76104

Pacific Table | 1600 S. University Dr. #601 76107

Railhead Smokehouse | 2900 Montgomery St. 76107

Reata | 310 Houston St. 76102

Woodshed Smokehouse | 3201 Riverfront Dr. 76107

Zoes Kitchen | 1601 S. University Dr. 76107



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