

How to refer

MultiCare Orthopedics & Sports Medicine – Tacoma

<p>Candidate Who can be referred?</p>	<p>Orthopedics: Patients 17+ Sports Medicine: Patients 5+</p>
<p>Work-up What is required?</p>	<p>Preferred but not required:</p> <ul style="list-style-type: none"> • X-ray • MRI • EMG for CTS
<p>Location Where will the patient be seen?</p>	<p>MultiCare Orthopedics & Sports Medicine</p> <ul style="list-style-type: none"> • Allenmore: 3124 S 19th St. Suite 340, Tacoma, WA 98405 • Mountain: 1550 S Union Ave Suite 210, Tacoma, WA 98405 • West Tacoma: 2209 N Pearl St, Tacoma, WA 98407
<p>Services What clinical services and procedures are offered?</p>	<ul style="list-style-type: none"> • Orthopedic trauma and general orthopedic conditions • Joint replacement surgery of the shoulder, hip and knee • Minimally invasive shoulder, hip, knee, hand and elbow surgeries, including arthroscopies • Treatment of fractures and other musculoskeletal injuries of the upper and lower extremities • Nonsurgical musculoskeletal care, sports-related concussion, regenerative medicine (PRP, prolotherapy) and ultrasound-guided injections • Sports nutrition counseling, body composition assessment <p>Advanced Robotic Technology: Allenmore Hospital features the VELYS and ROSA Knee robotic systems for knee replacement.</p> <p>Allenmore Hospital earned Advanced Joint Commission Certification for Hip and Knee Replacement.</p>
<p>Collaboration How will we coordinate care for the patient?</p>	<p>Our team uses the Epic electronic health record (EHR).</p> <ul style="list-style-type: none"> • For physicians and providers using Epic, you'll be copied on all notes related to the patient. • For physicians and providers outside Epic, notes will be faxed to you. • We have a centralized scheduling team at 253-792-6555. Providers can call to leave a message for a provider or inbasket messages in Epic.
<p>Referral How do we refer?</p>	<ul style="list-style-type: none"> • Epic users may refer to: MC ORTHO AND SPORTS MED • Outside referrals, call 253-792-6555. • Most insurance plans accepted. Prior authorization needed for TriCare, United Healthcare NPN and US Family Health plans.

Meet our specialists

MultiCare Orthopedics & Sports Medicine is composed of board-certified and sub-specialty fellowship-trained orthopedists who will partner with you in the care of your patients.



Zach Adler, MD

Clinic locations: Allenmore, Gig Harbor

Board certification: Orthopedic Surgery

Special interests: primary and revision total hip and knee replacements, diagnosing and treating fractures and other musculoskeletal injuries of the upper and lower extremities.

PA-C: Shane Turner



David Coons, DO

Clinic location: Allenmore

Board certification: Orthopedic Surgery

Special interests: fellowship trained in sports medicine, with extensive training in arthroscopic shoulder and knee reconstruction.

PA-C: Matt Bryson



Brian Hill, MD

Clinic locations: West Tacoma, Auburn

Specialty: Sports Medicine

Special interests: joint injections, cortisone injections, Platelet Rich Plasma (PRP) injections, Tenex, and prolotherapy, injury prevention and sport-related concussions.



Lisa Lovejoy, MEd, RD, CSSD, CD

Clinic location: West Tacoma

Board certification: Specialist in Sports Dietetics

Special interests: resting metabolic rate testing, body composition assessment using the Bod Pod, nutrition counseling for individuals related to performance, disordered eating, chronic disease prevention/ management, wellness and weight management.



Hossein Pakzad, MD

Clinic locations: Allenmore, Gig Harbor

Board certification: Orthopedic Surgery

Special interests: foot and ankle orthopedic surgery, ankle arthroscopy, complex foot and ankle reconstruction, hindfoot, ankle fusion and total ankle replacement, total knee replacement, adult orthopedic trauma and general orthopedics.

PA-C: William Lee Chang



Mason Platt, DO

Clinic locations: Allenmore, Gig Harbor

Board certification: Orthopedic Surgery

Special interests: fellowship trained in sports medicine, with special interest in general orthopedics, arthroscopy and sports medicine. Expertise in shoulder and knee reconstruction. Dr. Platt has served as team physician to high school, collegiate and professional teams.

PA-C: Sonja Brandstrom



Josh Pursas, DO

Clinic locations: Allenmore, Gig Harbor

Board certification: Adult and Pediatric Sports Medicine

Special interests: sports medicine, regenerative medicine including PRP injections, Tenex, fracture management, and sports-related concussions.



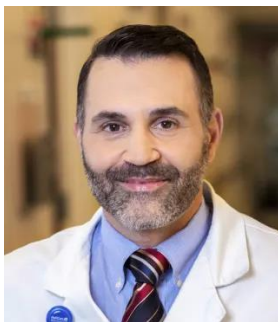
Joseph Shung, MD

Clinic locations: Mountain, Gig Harbor

Board certification: Orthopedic Surgery

Special interests: specializing in hand and upper extremity surgery, including carpal tunnel decompression, trigger finger release, fracture fixation, wrist arthroscopy, and small joint arthroplasty.

OPA: John Racette



Robert Tamurian, MD

Clinic locations: Allenmore, Gig Harbor

Board certification: Orthopedic Surgery

Special interests: specializes in complex limb reconstruction and orthopedic oncology. Special interest and expertise in minimally invasive total joint replacements, tissue sparing joint reconstruction, and joint replacement revision.

ARNP: Kimberley Marin

Access APPs

Our Access APPs provide timely care for unplanned injuries or ailments directly related to the body’s bone, joint, and soft tissue structures. Our Access APPs specialize in care for orthopedic injuries and musculoskeletal issues. Examples include:

- Sprains/Strains
- Fractures
- Sports Injuries
- Acute joint pain
- Injuries to the shoulder, knee, foot/ankle, and hand/wrist

They provide the following services to treat your immediate orthopedic needs:

- X-Ray, bracing and casting
- If follow-up care is needed, it will be scheduled at that office.



Jestyn Cummings, MSN, ARNP, FNP

Clinic location: West Tacoma (Access APP)

Special interests: sports injuries, arthritis, tendonitis, carpal tunnel, trigger finger, fractures, sprains and USG injections



Alex Pittman, PA-C

Clinic locations: Allenmore, Gig Harbor (Access APP)

Board certified

Special Interests: extensive experience as both a physical therapist and physician assistant. Special interest in evaluation and treatment of musculoskeletal conditions, fracture management, injections, casting and splinting.