

## MultiCare Non-surgical sports medicine

<b>Candidate</b> <i>Who can be referred?</i>	Patients 8 years +
<b>Work-up</b> <i>What is required?</i>	X-rays and MRIs required for consults by some of our surgeons. You'll be advised at scheduling.
<b>Location</b> <i>Where will the patient be seen?</i>	<b>MultiCare Orthopedics &amp; Sports Medicine</b> <ul style="list-style-type: none"> <li>• Auburn: 121 N. Division St., Suite 310, Auburn, WA 98001</li> <li>• Allenmore: 3124 S 19th St. Suite 340, Tacoma, WA 98405</li> <li>• West Tacoma: 2209 N Pearl St, Tacoma, WA 98407</li> <li>• Gig Harbor: 4545 Point Fosdick Dr, Suite 145, Gig Harbor, WA 98335</li> <li>• Good Samaritan: 1450 5th St., Suite 4200, Puyallup, WA 98372</li> <li>• Covington: 17700 SE 272nd St, Suite 105, Covington, WA 98042</li> </ul>
<b>Services</b> <i>What clinical services and procedures are offered?</i>	<ul style="list-style-type: none"> <li>• Treatment of fractures and other musculoskeletal injuries of the upper and lower extremities</li> <li>• Sports-related concussions</li> <li>• Ultrasound-guided injection therapies (PRP, Tenex, steroid and other injections)</li> <li>• Sports nutrition counseling, body composition assessment</li> <li>• Safe return to sports</li> <li>• Athlete or exercise related medical concerns</li> </ul>
<b>Collaboration</b> <i>How will we coordinate care for the patient?</i>	Our team uses the Epic electronic health record (EHR). <ul style="list-style-type: none"> <li>• For physicians and providers using Epic, you'll be copied on all notes related to the patient.</li> <li>• For physicians and providers outside Epic, notes will be faxed to you.</li> <li>• Our providers and their support staff team can be reached at 253-792-6555.</li> </ul>
<b>Referral</b> <i>How do we refer?</i>	<ul style="list-style-type: none"> <li>• Epic users may refer to: MC ORTHO AND SPORTS MED</li> <li>• Outside referrals, call 253-792-6555 or fax 253-864-2904.</li> <li>• Most insurance plans accepted. Prior authorization needed for TriCare, United Healthcare NPN and US Family Health plans.</li> </ul>



**Joshua Pursles, DO**

**Clinic location:** Allenmore, Gig Harbor

**Board certification:** Adult and Pediatric Medicine, Sports Medicine

**Special interests:** Athlete return to play, ultrasound-guided injections, ortho biologic medicine (PRP injections), Tenex, and sports-related concussions.



**Jason Lippman, MD**

**Clinic location:** Good Samaritan, Covington

**Board certification:** Family Medicine, Sports Medicine

**Special interests:** Care of the endurance athlete, bone stress injury management, relative energy deficiency in sport (RED-S), ultrasound-guided procedures including PRP, tendinopathy treatment



**Brian Hill, MD**

**Clinic locations:** West Tacoma, Auburn

**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.



**Jestyn Cummings, MSN, ARNP, FNP**

**Clinic location:** West Tacoma

**Special interests:** Sports injuries, Sports physicals, Arthritis, Tendonitis, Carpal tunnel, Sprains, USG injections, Trigger finger, Fractures