

## TO OUR PATIENT

Dear Patient:

We would like to take this opportunity to welcome you to the pain management practice of Virginia Interventional Spine Associates. Virginia Interventional Spine Associates is composed of a team of highly qualified professionals whose singular goal is to provide you with the most advanced pain management therapies for the effective treatment of pain in a timely and caring manner. In order to serve you better, we would like to thank you in advance for your cooperation with the following important instructions regarding your scheduled initial appointment with Virginia Interventional Spine Associates.

### **POINTS FOR YOUR SCHEDULED INITIAL APPOINTMENT:**

1. **PUNCTUAL:** Please be on time for your scheduled initial appointment with Virginia Interventional Spine Associates. In fairness to our other clinic patients, if you are >5 minutes late for your scheduled initial appointment, your appointment may need to be rescheduled for another time.
2. **EVALUATION:** Please remember that to develop the most effective long-term treatment plan for your chronic pain disorder, evaluation is the primary purpose of your scheduled initial appointment with Virginia Interventional Spine Associates. Because every medical case is unique, we will make every effort to perform your procedure but we cannot guarantee that you will receive a procedure on the day of your initial scheduled appointment.
3. **PATIENCE:** Please be prepared to expend ~2 hours for your scheduled initial appointment with Virginia Interventional Spine Associates, as this amount of time is necessary to provide you with a comprehensive evaluation of your chronic pain disorder. And, please understand that there is likely no single quick fix for your chronic pain, however, within weeks of therapy you will likely join the vast majority of our patients who benefit greatly from our approach to treat pain with multiple therapies in concert.
4. **MEDICAL RECORD:** Please ensure that Virginia Interventional Spine Associates has a copy of your complete medical record.
5. **STUDY REPORT:** Please ensure that Virginia Interventional Spine Associates has a report of each recent diagnostic study (i.e., X-Ray, CT Scan, MRI, Bone Scan).
6. **MEDICATION:** Please bring ALL of your current medication(s) in original container(s) to your scheduled initial appointment with Virginia Interventional Spine Associates.

### **DIRECTIONS FOR YOUR SCHEDULED INITIAL APPOINTMENT:**

#### **Cosner's Corner Location**

##### **FROM US 1 South:**

1. At intersection with SPOTSYLVANIA PARKWAY, take a right at the light (CVS on left Mimi's Café on right).
2. Follow SPOTSYLVANIA PARKWAY straight behind Joanne's Fabrics and Kohl's.
3. We are at 4710 Spotsylvania Parkway, Suite 201 (Second Floor).

##### **FROM US 1 North:**

1. At intersection with SPOTSYLVANIA PARKWAY, take a left at the light (CVS on right Mimi's Café on left).
2. Follow SPOTSYLVANIA PARKWAY straight behind Joanne's Fabrics and Kohl's.
3. We are at 4710 Spotsylvania Parkway, Suite 201 (Second Floor).

#### **Cowan Center Location**

1. Take 95 North or South to Exit 130A.
2. Take exit 130A which will place you on ROUTE 3 EAST.
3. Follow Route 3 East to ROUTE 1 NORTH (veer right as you cross under the Route 1 overpass).
4. On Route 1 North, turn left at the second stoplight onto COWAN BLVD.
5. Follow Cowan Blvd to 2549 Cowan Blvd, which will be on your right just after passing the stoplight at Hospital Drive (you will see Sentara/Pratt Medical Center and Virginia Partners Bank on the right). Our office is located directly in the middle of Cowan Center.

Please do not hesitate to contact Virginia Interventional Spine Associates at 540.374.3233, should you have any questions or desire any further information. Again, thank you in advance for your cooperation, as we look forward to being a part of your medical care.