



Dr. Herbst Treatment Plans and Recommendations

Patient Name: Kimberli Anderson

Date 8/30/23

Do if ?	What	Why	What you must do
	Venous duplex ultrasound	To assess the veins of your legs for enlargement (varicosities) and leakiness (venous insufficiency) that may require treatment	<ol style="list-style-type: none"> 1. Find a vascular lab for the test. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete so we can call and get the results.
	Pelvic Ultrasound	To assess the pelvic veins for enlargement (varicosities) and leakiness (venous insufficiency) that may require treatment. A positive result indicates pelvic congestion.	<ol style="list-style-type: none"> 1. Find a vascular lab for the test. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete so we can call and get the results.
	Tilt Table Test	You may have autonomic dysfunction.	<ol style="list-style-type: none"> 1. Find a cardiology or neurology lab for the test. Search online for your city and "tilt table". 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete so we can call and get the results.
	Nuclear Medicine Lymphoscintigraphy Scan	To assess the lymphatic vessels of the legs and/or arms.	<ol style="list-style-type: none"> 1. Find a nuclear medicine facility for the test. Usually hospital/University. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete so we can call and get the results.
✓	Labs	To find out information on you.	Typical labs are Labcorp or Quest Diagnostics; find a lab near you online. You can also take the order to your usual lab.
	Compression Garment Order	To help you get compression garments that work well for you.	Find a medical supply store online near you. You can also use online services such as Bio-Concepts: https://www.bio-con.com/
	DEXA Scan	Assesses for osteopenia or osteoporosis; important if you have hypermobile tissue	<ol style="list-style-type: none"> 1. Find a radiology facility for the test. 2. Send us the name, phone, and fax of the facility you plan on using. 3. Notify us the test is complete so we can call and get the results.
	ECHOCardiogram	Checks the size of the aortic root that can be dilated if you have hypermobile tissue.	<ol style="list-style-type: none"> 1. Find a cardiology/vascular lab for the test. 2. Send us the name, phone, and fax of the facility you plan on using.



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			3. Notify us the test is complete so we can call and get the results.
	Functional Capacity Exam (FCE)	To assess your functional capacity prior to surgery or for disability.	Healthline in California does FCEs but call physical therapy services near you to see if they have a provider that has been trained in this testing.
	Manual lymphatic drainage therapy	To improve your tissue and lymphatic flow.	Find a physical or occupational therapist, or licensed massage therapist (not covered by insurance) on one of these websites: <ul style="list-style-type: none"> • klosetraining.com/therapist-directory/ • lymphnet.org/find-treatment • www.clt-lana.org/
	Sequential pneumatic compression pump	To empower you to take care of your tissue at home.	We prescribe Lymphapress, Flexitouch or Koya. We will place an order and send your note and demographic information to a representative who will contact you. Getting insurance to cover the pump may take time so be patient.
	Referral	We want to send you to a specialist to help you with your health.	Find a specialist by searching online for the specialty and your city/town. Your PCP may be able to help.
	Deep tissue therapy	To improve your fascia and reduce fibrosis.	Search for a physical therapist that does myofascial release, Astym therapy astym.com or Graston technique grastontechnique.com.
	Right upper quadrant ultrasound	To look for fatty liver	Any radiology facility.
	Soft tissue ultrasound	To look for masses, lymph nodes and other tissue findings.	Any radiology facility.
	Transcutaneous oxygen measurement	To make sure you are getting enough oxygen in your legs especially before surgery.	Arizona St. Mary's Wound Healing Center California UCLA Hyperbaric Medicine
	FM/a test	To check if you have fibromyalgia	Fill out this form online: https://fmtest.com/sign-up/ You will be contacted, sent a kit which you take to a nearby lab and get your blood drawn. If not covered by insurance you will need to decide if you want to pay the cost.
	Prescription	Dr. Herbst has prescribed a medicine or supplement for you.	Pick up your prescription at your pharmacy, or your pharmacy will call to get more information to deliver to you
	Follow-Up	Reason:	Time Period: