

Virginia's Workers' Compensation program requires you to use a provider listed on the County's Workers' Compensation Physician Panel.

**For initial treatment, please use an Urgent Care facility for nonlife-threatening conditions.** Use the emergency room for potentially life-threatening emergencies and when urgent care is closed.

Follow Up Care --- What you need to know:

- The urgent care or emergency room physician may refer you for follow-up care.
- If you are referred for follow-up care, **you must select a physician from the Panel and inform your Claim Adjuster of your selection.** This becomes your "treating physician".
- Your treating physician will provide you medical treatment and management of your recovery, they will also provide you with any referrals needed. Your Claim Adjuster will provide you with another panel of specialists, if needed.
- You may only change your treating physician selection with written approval from your Claim Adjuster.
- Using a non-panel provider will likely result in you having to pay the medical bills.
- When scheduling appointments, make sure you identify yourself as an Arlington County employee with a Workers' Compensation claim.
- **Take the Arlington County Disability Certificate with you to every appointment** and have the provider complete it. You will need to send this to your Claim Adjuster upon return from your appointment.

Seeking Medical Care – More Detailed Information

Following are descriptions of the process of receiving initial medical care, depending on the type of need:

- **Urgent Care.** For your urgent care needs that are not considered life threatening (i.e., a back strain, broken leg, fracture finger), please select one of the authorized clinics, where you will receive immediate care. The lists of clinics have physicians specializing in occupational injuries. You are only authorized one visit at the urgent care facility, there are exceptions to this rule (such as suture removal). The urgent care doctor **cannot** become your treating physician, if additional treatment is required. If you need additional medical services, the clinic physician will refer you to an appropriate specialist. If a specialty is not listed on this panel, please contact your Claim Adjuster for further information. For urgent care needs outside of clinic hours, please select a hospital emergency room from the panel.
- **Emergency Care.** For any potentially life-threatening injury or situation, please go immediately to the nearest hospital emergency room. Emergency room physicians may not become your treating physician. You are only authorized one visit at an emergency care facility. The exception to this rule is if you are admitted to hospital for a life-threatening injury. If the emergency room physician indicates you need additional or continuing care once stable, you must select a treating physician from the Panel.
- **Occupational Illness and Non-Urgent, Non-Emergency Care.** If you have non-urgent care needs or believe you may have an occupational disease, please file your claim with Helmsman Management Services (HMS) before selecting a physician from the panel in order to receive assistance. You may select an appropriate physician directly from the panel without a referral.
- **Medical Care Out of the Local Area.** For physicians in outlying or more distant geographic areas, please contact the HMS Claim Adjuster for assistance and authorization to treat with another provider.

**Multiple Locations are available** for some Specialists; please inquire when scheduling appointment.

**Initial Care Facilities**

**Virginia Hospital Center Immediate Care**  
**(formerly Arlington Urgent Care)**

764 23rd Street South  
Arlington, Virginia 22202  
P: 703-717-7000  
Open – 8am-8pm Sat -Sun

**Inova Urgent Care**

4600 C Lee Highway  
Arlington, Virginia 22207  
P:571-492-3080  
Open – M-F 8am – 8pm  
Sat, Sun & Holidays 9am – 4pm

**Ortho OIC - Orthopedic Immediate Care**

1701 Clarendon Boulevard #120  
Arlington, VA 22209  
P:703-566-6359  
Open – M-F 11am – 7pm; Sat 12pm-4pm

**Concentra**

5590 General Washington Dr.  
Alexandria, VA 22312  
P: 703-914-6718  
Open – M-F 8am – 5 pm

**Inova Urgent Care Center**

21785 Filigree Court #100  
Ashburn, Virginia 20147  
P: 703-554-1100  
Open – M-F 8am – 5 pm

**Virginia Hospital Center - ER**

1701 North George Mason Drive  
Arlington, Virginia 22205  
P:703-558-5000  
Open 24/7 Days of the Week

**SPECIALIST / SURGEONS \* Authorization or Referral Required**

**Ryan Jander, MD**

**MedStar Georgetown  
Orthopedic Institute**

**Hand**

6355 Walker Lane, Suite 120  
Fairfax, Virginia 22310  
P: 703-971-3701

**John P. Byrne, MD**

**MedStar Georgetown  
Orthopedic Institute**

**Foot and Ankle**

6355 Walker Lane, Suite 120  
Fairfax, Virginia 22310  
P: 703-971-3701

**Ramesh Chandra, MD**

**Center for Orthopedics and  
Sports Medicine**

**Spine and Extremities**

8230 Boone Boulevard, Suite 200  
Fairfax, Virginia 22182  
P: 703-848-0800

**Town Center Orthopaedic Associates, P.C.**

1860 Town Center Dr. #300  
Reston, VA 20190  
P: 703-435-6604

**David Miller, MD (Hand, wrist, elbow)**

**Dhruv B. Pateder, MD (Spine)**

**Gaurav Bhatia, MD (Physiatry)**

**George Kartalian, Jr., MD (Foot & Ankle)**

**James Reeves, MD (Hip)**

**Thomas Fleeter, MD (Hip)**

**Jeffrey Berg, MD (Upper & Lower Extremities)**

**Raymond Thal, MD (Upper & Lower Extremities)**



## Arlington County Workers' Compensation Panel of Physicians



Rachel Berger, MD  
Timothy Farrell, MD  
Warren S. Levy, MD  
Michael Notarianni, MD  
Antonio Parente, MD  
Edward Howard, MD  
Raymond Vlacancich, MD  
[Virginia Heart](#)  
**Cardiovascular Disease**  
1005 North Glebe Road, 750  
Arlington, Virginia 22201  
P: 703-524-7202

Mark J. Granada, MD  
Rabih S. Halabi, MD  
Eric Anthony Libre, MD  
[Northern Virginia](#)  
[Pulmonary & Critical Care](#)  
**Pulmonologists**  
1716 North George Mason Drive,  
Suite 106  
Arlington, Virginia 22205  
P: 703-276-1916

Eric Thorn, MD  
Jeremy Bock, MD  
Richard Perrin II, MD  
[Virginia Hospital Center Physician Group](#)  
**Cardiology**  
1625 N. George Mason Dr. Suite 354  
Arlington, VA 22205  
P: 703-717-7780

Jeff Hales, MD  
Neil Shea, MD  
Steven Zimmet, MD  
[Pulmonary Medical Associates](#)  
**Pulmonologists**  
1625 North George Mason Drive,  
Suite 355  
Arlington, Virginia  
P: 703-521-6662

Orfaly, M. T., MD  
[Metropolitan ENT](#)  
**Ear, Nose, and Throat**  
6355 Walker Ln Ste 308  
Alexandria, VA 22310  
P: 703-313-7700

[Infectious Disease Physicians](#)  
3289 Woodburn Road, Suite 200  
Annondale, VA 22203  
P: 703-560-7900