

## **Sports Medicine Rotation**

### **Goals:**

Perform an appropriate musculoskeletal history and physical examination, and formulate an appropriate diagnosis and recommend treatment for acute and chronic injuries, including requisite subspecialty referrals.

Perform an evidence-based, age-appropriate and activity-specific preparticipation physical evaluation, and provide guidance for an appropriate exercise prescription.

Communicate effectively with a wide range of individuals regarding musculoskeletal health care, including patients, their families, coaches, school administrators and employers.

(For abbreviations of competencies see key below)

### **Knowledge**

Objective: Upon completion of the training the resident will demonstrate the following competencies.

1. To evaluate athletes with special needs (MK)
2. To recognize orthopedic emergency and stabilization (MK)
3. Diagnosing and management of on-the-field sports related injuries (MK)
4. In determining safety of return-to-play (MK)
5. In providing guidance but not limited on the following issues (MK)
  - a. Injury prevention
  - b. General and specific nutritional requirements
  - c. Personal hygiene
  - d. Communicable diseases and precaution
  - e. Immunizations
  - f. Ethical, psychosocial, economic and medico-legal issues
6. To exam the pathology and recognition of injuries (MK)
  - a. Bone and joint pain, swelling and erythema
  - b. Musculoskeletal trauma
  - c. Tendinopathy and rupture
  - d. Neurovascular injuries
  - e. Overuse syndrome
7. To order appropriate tests for making the diagnosis (MK)
8. To interpretate musculoskeletal radiographs (MK)

### **Skills**

Objective: Upon completion of the training the resident will demonstrate the following competencies.

1. In joint aspiration and injection, immobilization and splinting and casting, reduce fracture and dislocation, digital blocks. (PC)
2. In providing special guidance and cares to geriatric population who can and are willing to participate in age related exercises. (PC)
3. In prescription of home exercise programs. (PC)
4. In prescription of physical therapy and methods involved. (PC)

5. Know when to refer to the subspecialists. (PC)

**Attitude**

Objective: Upon completion of the training the resident will demonstrate the following competencies.

1. Attend session with Sports Medicine Field observation and all required sessions. (PC)
2. Follow athletes who are injured on the field till they are safe to return to play. (PC)
3. Didactic as well as clinical learning during required conferences and assigned clinics. (PC, SBP, PBLI)
4. Encourage every patient for healthy life styles. (ICS, P)
5. Develop a presentation on rotation related topic and present during Thursday conference at the end of rotation. (SBP, P, PBLI)

**Key**

- a) Professionalism (P)
- b) System Base Practices (SBP)
- c) Interpersonal Communication Skills (ICS)
- d) Patient Care (PC)
- e) Medical Knowledge (MK)
- f) Practice Base Learning & Improvement (PBLI)
- g) Practice Base Learning & Improvement (PBLI)