

HCMC FAMILY MEDICINE RESIDENCY PROGRAM

G2 Sports Medicine

ROTATION GOALS & OBJECTIVES

Medical Knowledge

Objectives:

By the end of the rotation, the G2 resident will:

- Understand acute and overuse injuries related to sports and work
- Learn basic elements of physiology as they relate to exercise, physical training and sports performance
- Understand the common medical problems associated with sports and exercise and the unique concerns for the pediatric, female and elderly populations
- Understand prevention strategies for common musculoskeletal and sports medicine injuries and conditions

Sports Medicine Competency Module

- **Senior Editor: Jorge Garcia, MD Associate Editors: Wuaca Luna, MD**
- **Competencies:**

PRE-TEST POST-TEST

- **Knowledge**

Subject Area	Primary Resources		Restricted/Secondary Resources
Hip Fractures	Hip Injury in runners: Sportsmedicine (review) Adult Hip Fracture: AAFP (review)		Hip Fracture, Up to Date
Head injuries	Head Injuries in Sports		Auerbach: Wilderness Medicine, Chapter 18: Trauma Concussion, JAMA (review)
Neck injuries	Spine Films Evaluation, AAFP (review)	Treatment of Neck Pain, AAFP-Cochrane (evidence)	Neck Injury, Up to Date
Low Back Pain	LBP Evaluation (evidence) LBP Evaluation, AAFP (review) Treatment of LBP:		Low Back Pain, UTD (review)

	sportsmedicine (review) NSAID Rx for LBP, AAFP (evidence) Scoliosis, AAFP (review) Treatment of LBP, AAFP-Cochrane (evidence) Spinal Manipulation treatment of LBP AAFP-Cochrane (evidence)		
Shoulder Pain	Impingement Syndrome: AAFP (review) Shoulder Instability: AAFP (review) Acute Shoulder Injury, AAFP (review)		Rotator Cuff Tendonitis, UTD
Wrist injuries	Carpal Tunnel, JAMA (review)		Wrist Pain, UTD (review)
Hand injuries	Navicular Fracture: AAFP (review) Hand Injuries 1: AAFP (review) Hand wrist injury, part 2, AAFP (review)		Evaluation of hand pain, UTD (review)
Knee injuries	Ottawa Rules: AAFP Evaluation of Patients Presenting with Knee Pain: Part II. Differential Diagnosis (09/01/2003) Evaluation of Patients Presenting with Knee Pain: Part I. History, Physical Examination, Radiographs, and Laboratory Tests (09/01/2003) Management of Patellofemoral Pain Syndrome (01/15/2007)		Knee Pain Evaluation, Up to Date
Ankle injuries	Ottawa Rules (evidence) Sportsmedicine (review) Achilles Tendonitis, AAFP (review)		Ferri's Clinical Advisor, pg 68
Overuse Injuries	Overuse injuries Sportsmedicine (review) Overuse injures AAFP (review)		

	Overuse injury in children, AAFP (review)		
Foot injuries	Plantar Fasciitis: AAFP (review) and (evidence) Heel Pain, AAFP (review) Metatarsal Fracture: AAFP (review) Foot fractures, missed diagnosis AAFP (review)		Ferri's Clinical Advisor, pg 953
Medical Problems and special conditions in Athletes	Hypertension in athletes, AAFP (review)		DeLee and Drez's Orthopaedic Sports Medicine, Ch. 13: Female Athlete
Exercise prescription	Exercise for elders, AAFP (review)		Exercise Prescription, JAMA (review)

Patient Care

Objectives:

By the end of the rotation, the G2 resident will:

- Perform an appropriate musculoskeletal history and exam for both acute and chronic musculoskeletal disorders
- Perform an appropriate pre-participation physical exam
- Develop a differential diagnosis based on the history and exam for overuse syndromes
- Order appropriate ancillary tests, interpret radiographs and develop rehabilitation plans
- As part of the treatment plan educate the patient regarding the condition and methods of prevention
- Develop exercise prescriptions for healthy male and female exercisers of all ages and also for those who are inactive or have chronic disease
- List indications and perform the following procedures safely under the supervision of experienced fellow or faculty attending: interpretation of common musculoskeletal radiographs, application of common braces, joint aspirations, joint injections and the management of rehabilitation after sports injury

Skill Competencies:

Subject Area	Overview Resources	Advanced Resources	Evaluation Tools
Shoulder exam		Shoulder review, UTD	
Knee exam	Knee exam, AAFP (evidence)	Knee exam, UTD	
Foot and ankle exam	Common conditions of the ankle, AAFP (review)	Running injuries, UTD	
Cast: thumb spica	Thumb Spica	Splinting and casting, UTD	
Cast: leg		Rakel: Textbook of Family Practice, pg 928	

Cast removal		Rakel: Textbook of Family Practice, pg 930	
Knee aspiration and injection	Knee Aspiration and Injection AAFP (procedure)	Campbell's Operative Orthopaedics, pg 690 Video Tutorial	
Shoulder injection		DeLee and Drez's Orthopaedic Sports Medicine, pg 1083 Video Tutorial	
Trigger Point injection	Trigger Point injection, AAFP (review)	Treatment of fibromyalgia, UTD (review) Video Tutorial	
Elbow Injection	Elbow injection, AAFP (procedure)	DeLee and Drez's Orthopaedic Sports Medicine, pg 1242 Video Tutorial	
Splinting	Field Splinting of injuries: Sportsmedicine (review) Braces and Splints (AFP)	Auerbach: Wilderness Medicine, Chapter 19, Improvised Splinting Splinting: UTD	
Heat Stroke and Hypothermia	Heat Stroke AAFP (review)	Auerbach: Wilderness Medicine, Chapter 8	
Altitude Sickness	Altitude Sickness, AAFP (evidence)	Auerbach: Wilderness Medicine, pages 1742-1743	
Sports Physical	Pre-participation Physical, AAFP (review) And editorial against sports physicals, AAFP	Pre-participation Physical, UTD (review) Pre-participation Physical, JAMA (evidence)	

Self-Study Modules:

[Casting Videos - University of Ottawa](#)

[Orthorama - online case studies in Sports Medicine](#)

Video Tutorials

Practice-Based Learning and Improvement

Objectives:

By the end of the rotation the G2 resident will:

- Accept and demonstrate consistent ability to incorporate feedback
- Make appropriate and timely referrals to physical therapists for specialized care.
- Recognize an appropriate referral to orthopedists for specialized care
- Demonstrate ability to educate patients and families on sports medicine topics

Systems Based Practice

Objectives:

By the end of the rotation, the G2 resident will:

- Know how to prescribe medications appropriately in a cost effective manner
- Demonstrate patient advocacy
- Manage the overall health care plan, linking consultants to provide excellent care
- Provide an integrated view of healthcare for patients and families

Professionalism

Objectives:

By the end of the rotation, the G2 resident will:

- Recognize cultural differences and their impact on patient care
- Differentiate the patient's perception of illness from illness
- Formulate a plan of care incorporating the patient's preferences into a plan of care
- Demonstrate protection of a patient's privacy

Interpersonal and Communication Skills

Objectives:

By the end of the rotation, the G2 resident will:

- Demonstrate the ability to communicate effectively with patients and family regarding diagnosis, treatment options, prognosis and follow-up care
- Facilitate and plan for the effective use of interpreters
- Apply techniques of effective communication when interacting with consultants, team members and members of the allied health team
- Demonstrates promptness and thoroughness in completing medical records

Educational resources

- Sport Medicine Syllabus