

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	<a href="#">Hip Injury in runners: Sportsmedicine (review)</a>  <a href="#">Adult Hip Fracture: AAFP (review)</a>		<a href="#">Hip Fracture, Up to Date</a>
Head injuries	<a href="#">Head Injuries in Sports</a>		<a href="#">Auerbach: Wilderness Medicine, Chapter 18: Trauma Concussion, JAMA (review)</a>
Neck injuries	<a href="#">Spine Films Evaluation, AAFP (review)</a>	<a href="#">Treatment of Neck Pain, AAFP-Cochrane (evidence)</a>	<a href="#">Neck Injury, Up to Date</a>
Low Back Pain	<a href="#">LBP Evaluation (evidence)</a> <a href="#">LBP Evaluation, AAFP (review)</a> <a href="#">Treatment of LBP:</a>		<a href="#">Low Back Pain, UTD (review)</a>

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

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

## 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		<a href="#">Shoulder review, UTD</a>	
Knee exam	<a href="#">Knee exam, AAFP (evidence)</a>	<a href="#">Knee exam, UTD</a>	
Foot and ankle exam	<a href="#">Common conditions of the ankle, AAFP (review)</a>	<a href="#">Running injuries, UTD</a>	
Cast: thumb spica	<a href="#">Thumb Spica</a>	<a href="#">Splinting and casting, UTD</a>	
Cast: leg		<a href="#">Rakel: Textbook of Family Practice, pg 928</a>	

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

## **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