

# Sports Medicine Fellowship Didactic Curriculum

## Monthly Fellow Chairman's Rounds

Dr. Elliot Roth is the chair of the department of PM&R for Northwestern and meets with all of the fellows once per month starting in August.

The content of each month's meeting is as follows:

Month	Topic
August	Introductions and Fellowship Descriptions; Preliminary Research Proposals; Quality Improvement Projects
September	Research Proposal Methodology Quality Improvement Projects Developing Your Curriculum Vitae
October	Research Updates; Quality Improvement Projects Applying and Interviewing for Practice Positions; Employment Contracts
November	Quality Improvement I (Dr. Sliwa)
December	Coding and Documenting (Dr. Huang)
January	Patient Safety Issues (Dr. Mhatre)
February	Medicolegal Issues (Tamara Koury)
March	Developing Teaching Skills (Dr. Rho)
April	Research Updates Quality Improvement Projects Promotion and Tenure Issues; Developing an Academic Career;
May	Quality Improvement II (Dr. Sliwa)
June	Building a Practice; Referral Development; Other Topics Wrap-up

## Weekly Faculty-Led Didactic Sessions

Faculty meet with fellows on a weekly basis on Tuesday mornings unless otherwise specified.

*\*\*Ultrasound sessions typically held in afternoon\*\**

Example schedule and list of topics:

<b>Topic</b>
ULTRASOUND - Intro, Knobology, Needle tracking
ULTRASOUND - Elbow/Forearm
ULTRASOUND - Foot/Ankle
ULTRASOUND - Hip
ULTRASOUND - Knee/Lower Leg
ULTRASOUND - Shoulder
ULTRASOUND - TRAUMA (ED Attendings)
ULTRASOUND - Wrist/Hand
ULTRASOUND - Advanced Review 1
ULTRASOUND - Advanced Review 2
Basic nutritional principles and their application to exercise
Cardiac issues in the athlete
Clinical presentation, evaluation and management of axial low back pain, lumbosacral radiculopathy, lumbar stenosis
Clinical presentation, evaluation and management of axial neck pain
Clinical presentation, evaluation and management of cervical radiculopathy
Clinical presentation, evaluation and management of elbow injuries in the athlete
Clinical presentation, evaluation and management of foot and ankle injuries in the athlete
Clinical presentation, evaluation and management of hip pain in the athlete (osteoarthritis)
Clinical presentation, evaluation and management of knee pain (osteoarthritis)
Clinical presentation, evaluation and management of knee pain (patellofemoral pain syndrome, meniscal tears, ligamentous injuries (ACL))
Clinical presentation, evaluation and management of lower leg pain in the athlete
Clinical presentation, evaluation and management of Sacroiliac Joint Pain
Clinical presentation, evaluation and management of shoulder injuries in the athlete
Clinical presentation, evaluation and management of the young athlete with spondylolysis
Clinical presentation, evaluation and management of wrist/hand injuries in the athlete
Clinical presentation, evaluation, differential diagnosis and management of an athlete presenting with groin pain (include femoral stress fractures)
Dermatologic issues in the athlete
Effects of disease (eg, diabetes, cardiac conditions, and arthritis) on exercise and the use of exercise in the care of medical problems
Environmental effects on exercise
Ethical principles as applied to exercise and sports

Female Athlete Triad/Psychological aspects of exercise, performance and competition
Functioning as a team physician
Growth plate injuries, growth and development related to exercise
Guidelines for evaluating and treating concussion in sport
Mechanical diagnosis and treatment
Pain classifications
Physiologic adaptations to different intensities of aerobic exercise
Pulmonary issues in the athlete
Role of the scapular stabilizer muscles in optimizing scapulothoracic function/ Kinetic Chain
Spine Interventions/Indications (ESI, Z-joint)