

PRIMARY CARE SPORTS MEDICINE

The left column defines the objective while the second column identifies a measurable clinical skill to support completion of the objective.

<i>Objective</i>	<i>Clinical Skill</i>
1. The Fellow will demonstrate the ability to perform a history and physical examination of the athlete.	Perform a history and physical examination of the athlete.
2. The Fellow will identify the principles of evaluation of nutritional problems in the athlete.	Identify principles of evaluating nutritional problems in the athlete.
3. The Fellow will demonstrate the ability to recognize a correlation between systemic diseases and their lower extremity manifestations.	Recognize a correlation between systemic disease and their lower extremity manifestation.
4. The Fellow will identify the principles and medical management of common skin conditions in the athlete.	Develop differential diagnosis of common skin conditions in the athlete.
5. The Fellow will demonstrate the ability to evaluate the physiological and cardiovascular conditioning status of the athlete.	Evaluate the physiological and cardiovascular conditioning status of the athlete.
6. The Fellow will demonstrate the ability to evaluate and initiate an exercise program for the athlete.	Develop and initiate an exercise program for the athlete.
7. The Fellow will identify the principles of diagnosis and medical management associated with female triad issues in the female athlete.	Identify principles of diagnosis and medical management associated with female triad issues in the female athlete.
8. The Fellow will recognize the principles and concerns associated with athletic participation of the pediatric patient.	Recognize principles and concerns associated with pediatric athletic participation.
9. The Fellow will demonstrate the ability to recommend preventative and safety measures associated with: <ol style="list-style-type: none"> a. Athletic Training b. Psychological preparation c. Equipment d. Risk factors 	Recommend appropriate preventative and safety measures associated with: <ol style="list-style-type: none"> a. Athletic training b. Psychological preparation c. Equipment d. Risk factors

ORTHOPEDECS

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<i>Objective</i>	<i>Clinical Skill</i>
<p>1. The Fellow will demonstrate the ability to perform a clinical orthopedic evaluation for common orthopedic disorders for the following:</p> <ul style="list-style-type: none"> a. Upper Extremities b. Low Back c. Hip d. Knee e. Leg f. Ankle g. Foot 	<p>Perform clinical orthopedic evaluation of the following:</p> <ul style="list-style-type: none"> a. Upper Extremities b. Low Back c. Hip d. Knee e. Leg f. Ankle g. Foot
<p>2. The Fellow will recognize the principles of fracture/dislocation management in the lower extremity.</p>	<p>Perform open and closed reduction of fractures/dislocations under supervision.</p>
<p>3. The Fellow will identify the indications, principles, and techniques associated with large and small joint arthroscopy.</p>	<p>Perform or assist with large and small joint arthroscopic procedures.</p>
<p>4. The Fellow will identify the indications and limitations of lower extremity splinting and bracing.</p>	<p>Perform lower extremity splinting and bracing.</p>
<p>5. The Fellow will identify the indications and limitations of rehabilitation programs associated with common orthopedic disorders.</p>	<p>Identify indications and limitations of rehabilitation programs associated with common orthopedic disorders.</p>
<p>6. The Fellow will demonstrate the ability to recognize the role of the physiatrist in evaluation and management of lower extremity disorders.</p>	<p>Recognize physiatrist role in evaluation and management of lower extremity disorders.</p>
<p>7. The Fellow will identify the principles Associated with the following Orthopedic concerns:</p> <ul style="list-style-type: none"> a. Skeletally immature athlete b. Geriatric athlete c. Female athlete 	<p>Identify principles associated with orthopedic concerns in the following:</p> <ul style="list-style-type: none"> a. Skeletally immature athlete b. Geriatric athlete c. Female athlete

PEDORTHICS

The left column defines the objective while the second column identifies a measurable clinical skill to support completion of the objective.

<i>Objective</i>	<i>Clinical Skill</i>
1. The Fellow will demonstrate knowledge of shoe anatomy and construction.	Recognize principles of shoe anatomy and construction.
2. The Fellow will recognize the role of footwear in the contribution and prevention of injury and demonstrate the ability to recommend footwear based on foot type, body type, injury patterns and biomechanical requirements of the patient.	Recognize the role of footwear in the contribution and prevention of injury and demonstrate the ability to recommend footwear based on foot type, body type, injury patterns and biomechanical requirements of the patient.
3. The Fellow will demonstrate the ability to evaluate and make recommendations with respect to appropriate athletic shoe gear to the athlete.	Perform evaluations and recommendations of appropriate athletic shoe gear to the athlete.
4. The Fellow will demonstrate the ability to make internal and external shoe modifications.	Perform internal and external shoe modification procedures.
5. The Fellow will identify the principles and use of Ankle Foot Orthosis (AFO) bracing in the athlete.	Identify principles and perform Ankle Foot Orthosis (AFO) bracing for the athlete.
6. The Fellow will demonstrate the ability to prescribe and, as required, fabricate the following podiatric orthosis: <ul style="list-style-type: none"> a. Over the Counter Orthosis b. Rigid Custom Orthosis c. Accommodative Orthosis 	Prescribe and, as required, fabricate the following podiatric orthosis: <ul style="list-style-type: none"> a. Over the Counter Orthosis b. Rigid Custom Orthosis c. Accommodative Orthosis

PHYSICAL THERAPY/ATHLETIC TRAINING

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<i>Objective</i>	<i>Clinical Skill</i>
<p>1. The Fellow will complete clinical evaluations of the following with emphasis on muscle testing and joint range of motion evaluation:</p> <ul style="list-style-type: none"> a. Back b. Hip c. Knee d. Ankle e. Foot 	<p>Perform clinical evaluation of the following with emphasis on muscle testing and range of motion evaluation:</p> <ul style="list-style-type: none"> a. Back b. Hip c. Knee d. Ankle e. Foot
<p>2. The Fellow will know the indications and demonstrate the ability to initiate proper stretching exercises for the lower extremity.</p>	<p>Know indications and perform stretching exercises for the lower extremity.</p>
<p>3. The Fellow will know the safety guidelines, indications, contraindications and be able to demonstrate proper techniques for strengthening programs for the lower extremity.</p>	<p>Know safety guidelines, indications, contraindications and demonstrate proper techniques for strengthening programs for the lower extremity.</p>
<p>4. The Fellow will know the indications and be able to demonstrate proper technique for the following:</p> <ul style="list-style-type: none"> a. Massage b. Manual Therapy c. Joint Mobilization 	<p>Know indications and demonstrate proper technique for the following:</p> <ul style="list-style-type: none"> a. Massage b. Manual Therapy c. Joint Mobilization
<p>5. The Fellow will know the indications,</p>	<p>Know indications, contraindications, set up</p>

<p>contraindications, set up procedures, parameters, and expected results of the following treatment modalities:</p> <ol style="list-style-type: none"> a. Ice b. Heat c. Whirlpool d. Electrical Stimulation e. TENS f. Neuroprobe g. MENS h. Crotemp i. Paraffin j. Ultrasound k. Phonophoresis l. Ionophoresis 	<p>procedures, parameters, and expected results and perform the following treatment modalities:</p> <ol style="list-style-type: none"> a. Ice b. Heat c. Whirlpool d. Electrical Stimulation e. TENS f. Neuroprobe g. MENS h. Crotemp i. Paraffin j. Ultrasound k. Phonophoresis l. Ionophoresis
<p>6. The Fellow will know the indications and demonstrate the ability to apply the following taping techniques:</p> <ol style="list-style-type: none"> a. Patellar Taping b. Shin-Splint Taping c. Ankle Taping (Acute and Prophylactic) d. Low-Dye e. Digital 	<p>Know indications and perform the following taping techniques:</p> <ol style="list-style-type: none"> a. Patellar Taping b. Shin-Splint Taping c. Achilles Taping d. Ankle Taping (Acute and Prophylactic) e. Low-Dye f. Digital
<p>7. The Fellow will identify the principles and indications associated with comprehensive rehabilitative programs (in office and home) and demonstrate the ability to design and critique specific rehabilitative programs for the following sports medical problems:</p> <ol style="list-style-type: none"> a. Patellofemoral Pain Syndrome b. Achilles Tendonitis c. Plantar Fasciitis d. Ankle Tendonitis e. Shin Splints (Tibial Fasciitis) f. Ankle Sprains g. Muscle Strain/Rupture 	<p>Identify principles and indications associated with comprehensive rehabilitative programs for the following sports medical problems:</p> <ol style="list-style-type: none"> a. Patellofemoral Pain Syndrome b. Achilles Tendonitis c. Plantar Fasciitis d. Ankle Tendonitis e. Shin Splints (Tibial Fasciitis) f. Ankle Sprains g. Muscle Strain/Rupture
<p>8. The Fellow will identify the principles, indications, progression, and expected</p>	<p>Identify principles, indications, progression, and expected results and</p>

<p>results as well as demonstrate the ability to use the following :</p> <ul style="list-style-type: none"> a. Free weights b. Tubing c. Pulleys d. Orthotron e. Cybex f. Biodex g. Fitron h. Myoexerciser i. Plyometric training 	<p>perform use of the following treatment modalities:</p> <ul style="list-style-type: none"> a. Free weights b. Tubing c. Pulleys d. Orthotron e. Cybex f. Biodex g. Fitron h. Myoexerciser i. Plyometric training
<p>9. The Fellow will demonstrate the ability to perform and interpret isokenetic testing.</p>	<p>Perform and interpret isokenetic testing.</p>
<p>10. The Fellow will know the principles and implementation of proprioceptive training including functional testing and assessment and identification of proprioceptive deficits.</p>	<p>Know principles and implementation of proprioceptive training including functional testing and assessment and identification of proprioceptive deficits.</p>