

FELLOWSHIP IN ARTHROSCOPY AND SPORTS MEDICINE (TRAINING SCHEDULE AND SYLLABUS)

Duration : 1 year

Eligibility : MS (Ortho) / DNB (Ortho)

Objectives :

- To develop a systemic approach to the patients' problem and decision making skills in management
- To develop and sharpen skills in interpretation of musculoskeletal radiological studies
- To attain basic skills in arthroscopy including knowledge of various specialized instruments and its maintenance.
- To obtain experience in scientific data collection, analysis interpretation, publication and surgical audit.

Training Schedule :

- General OPD postings - 1 ½ months
- Ward & Theater posting - 6 months (3 days/week)
- OPD & Follow up - 6 months (3 days/week)
- Research posting - 1 ½ months
- Peripheral posting - 3 months (Adult reconstructive surgery, sports rehabilitation, fitness training, on-field training)
- Monthly 4 duties covering the Urgent Care, Patient Calls and Inpatient Floor coverage

Surgical requirements :

- Performing basic Knee & Shoulder Arthroscopy
- Assisting Advanced Arthroscopic procedures
- ACL reconstruction
- PCL reconstruction
- Multi-ligament injury reconstruction
- ACL/PCL avulsion fixation
- MPFL reconstruction
- Mosaicplasty
- ACI
- Bankart Repair
- Rotator cuff repair
- SLAP repair
- Subacromial Decompression
- Elbow Arthroscopy
- Ankle Arthroscopy

Academic requirements:

- Research work -data collection, analysis and paper writing
- More than 1 publication in an indexed journal
- One presentation in a national level conference
- Attending 2 sports tournaments as a sports physician
- Maintenance of log book of clinical and surgical work
- Securing more than 50% in final examination.

Syllabus

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Sports Medicine:

1. On field Examination – Sideline Physician
2. Examination of an Athlete
3. Ligament Injuries
4. Stress Fracture, RSI
5. Principles of Sports Rehabilitation
6. Athletic Taping
7. Exercise Prescription
8. Sports Shoes
9. Sports Nutrition

Arthroscopy:

1. Instrumentation
2. Arthroscopic Set up & Portal Placements in Knee, Shoulder, Elbow, Wrist, Hip.
3. Menisci
4. Cartilage
5. Synovium
6. Patellofemoral joint
7. ACL
8. PCL
9. MCL
10. LCL
11. Posterolateral complex
12. Multiligament injury
13. Osteoarthritis
14. Shoulder Periarthritis
15. Shoulder Instability-anterior, posterior, inferior, multi
16. SLAP & Biceps tendon lesions
17. Rotator cuff and Impingement
18. Scapular dyskinesia
19. Ligaments around ankle
20. Ankle Impingement
21. OCLT
22. Ligaments around wrist, TFCC
23. Ligaments around elbow
24. Lateral Epicondylitis
25. OCD
26. Intra-articular and Peri-articular Fractures

Referral Books & Journals

: DeLee and Drez's Orthopaedic Sports Medicine,

Manual of arthroscopic surgery – Michael Strobel

Rockwood: The Shoulder

Gartsman – Shoulder Arthroscopy

Insall & Scott Surgery of the knee

Noyes' Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes

Arthroscopy: The Journal of Arthroscopic and Related Surgery

Journal of American Academy of Orthopaedic Surgeons