

Sports Medicine – Goals & Objectives

- **Participating Site(s):** Sports Medicine clinics; outpatient musculoskeletal clinics; athletic training facilities (as applicable)
- **Duration:** 2 or 4 weeks
- **Required or Elective:** Elective

Rotation Overview

The Sports Medicine rotation provides residents with focused training in the evaluation and management of acute and chronic musculoskeletal conditions across a wide range of patient ages and activity levels. Residents develop skills in musculoskeletal history-taking, physical examination, injury prevention, return-to-play decision-making, and patient-centered counseling related to physical activity and exercise. The rotation emphasizes evidence-based care, communication with patients and families, and appropriate referral to subspecialty services.

Overall Rotation Goal

The goal of this rotation is for residents to develop competence in the diagnosis, management, and prevention of musculoskeletal and sports-related injuries while promoting safe physical activity, healthy lifestyles, and functional recovery across diverse patient populations.

Educational Objectives (Aligned with ACGME Competencies)

Patient Care

Residents will be able to:

- Perform comprehensive musculoskeletal histories and physical examinations
- Formulate accurate diagnoses for acute and chronic musculoskeletal injuries
- Develop appropriate treatment plans, including activity modification, rehabilitation, and referral
- Determine readiness for return-to-play following injury or illness
- Conduct age-appropriate and activity-specific preparticipation physical evaluations
- Provide guidance on injury prevention and safe exercise participation

Medical Knowledge

Residents will be able to:

- Recognize orthopedic and sports-related emergencies and understand initial stabilization principles
- Diagnose and manage on-the-field sports-related injuries
- Identify and interpret common musculoskeletal pathologies, including:
 - Bone and joint pain, swelling, and erythema
 - Musculoskeletal trauma
 - Tendinopathy and tendon rupture
 - Neurovascular injuries
 - Overuse syndromes
- Order and interpret appropriate diagnostic tests, including musculoskeletal radiographs
- Provide evidence-based counseling on nutrition, exercise, and osteoarthritis management

Practice-Based Learning and Improvement

Residents will be able to:

- Incorporate evidence-based guidelines into the evaluation and management of sports-related injuries
- Reflect on clinical experiences to identify areas for skill and knowledge improvement
- Engage in self-directed learning related to musculoskeletal medicine and sports injury prevention

Interpersonal and Communication Skills

Residents will be able to:

- Communicate effectively with patients and families regarding musculoskeletal diagnoses, treatment options, and return-to-play decisions
- Provide clear counseling on injury prevention, rehabilitation, and exercise prescriptions
- Collaborate with interdisciplinary team members, including physical therapists and athletic trainers

Professionalism

Residents will be able to:

- Demonstrate professionalism and accountability during clinical and didactic activities
- Engage actively in required clinics and conferences
- Promote healthy lifestyles and physical activity for all patients

Systems-Based Practice

Residents will be able to:

- Coordinate care with physical therapy, athletic training, and orthopedic subspecialists
- Recognize indications for subspecialty referral
- Integrate patient goals, functional needs, and system resources into care planning

PGY-Level Expectations

PGY-1:

- Perform basic musculoskeletal histories and physical examinations with supervision
- Recognize common sports-related injuries and orthopedic emergencies
- Participate actively in clinics and educational activities

PGY-2:

- Independently evaluate and manage common musculoskeletal conditions with indirect supervision
- Interpret basic musculoskeletal imaging
- Provide counseling on injury prevention, rehabilitation, and return-to-play

PGY-3:

- Demonstrate advanced clinical reasoning in complex musculoskeletal and sports-related cases
- Lead return-to-play decision-making discussions
- Model effective communication and professionalism for junior residents

Teaching and Learning Activities

- Supervised outpatient sports medicine clinics
- Musculoskeletal physical examination teaching
- Imaging review and case-based discussions
- Didactic conferences and self-directed learning

Evaluation and Feedback

Resident performance is evaluated through:

- Direct faculty observation in clinic
- Review of clinical documentation and diagnostic reasoning
- Participation in educational activities
- End-of-rotation evaluation mapped to ACGME milestones

Residents receive ongoing formative feedback and summative feedback at the conclusion of the rotation.

Supervision

Faculty supervision is provided in accordance with ACGME supervision guidelines. Residents are expected to seek attending input for complex cases, diagnostic uncertainty, or when determining return-to-play and referral decisions.