

SUMMER 2026

# Orthopedic Surgery at Outset



**Outset**



# Overview

**Explore medicine hands-on and see if a path to a career in **Orthopedic Surgery** is a good fit for you.**

Outset's Orthopedic Surgery Program gives students a first look at a dynamic, hands-on field in medicine. Participants explore what draws physicians to orthopedics: treating musculoskeletal injuries, performing precise procedures, and helping patients regain mobility.

In medical school grade simulation labs, students will practice suturing, intubation, splinting, and sports taping, and follow proper OR protocol through scrub-in demonstrations. All simulation sessions are led by trained medical professionals. Beyond learning what orthopedic surgeons do, students also develop an understanding of the precision, teamwork, and dedication required to succeed in this field.

Beyond specialty-specific learning sessions, students also attend lectures led by physicians from various specialties. During these lectures and Q&A, students learn about broader medical fields and have the opportunity to engage with doctors across specialties.

Combined with Outset's Path to Pre-Med curriculum, the program helps students gain clarity about the academic journey ahead and whether orthopedic surgery aligns with their interests and strengths. Participants leave with new confidence, deeper insight into medical careers, and a clearer sense of where they might want to go next.

# What to expect in a week of Orthopedic Surgery

## Hands-On Orthopedic Surgery Simulations

Students get a firsthand look at what orthopedic surgeons do, using medical-school-level tools and models under guided supervision. Examples of activities may include:

### Suturing Practice:

Learn fundamental surgical stitching on simulation materials used in medical training.

### Intubation Practice:

Practice airway management techniques on manikins, focusing on proper procedure and patient safety.

### Splinting & Sports Taping:

Apply splints and practice sports taping techniques to support musculoskeletal care.

### Scrub-In Demonstrations:

Participate in proper OR protocol and team procedures to see how orthopedic surgical teams operate together.

## Lectures and Q&A with Physicians

Students attend sessions led by physicians - including orthopedic surgeons and specialists from other fields who share firsthand perspectives on medical careers. Example topics:

- What an orthopedic surgeon actually does day to day
- How physicians choose their specialties
- Training milestones, from college to residency and beyond
- Real stories from the OR and clinic
- Student-driven Q&A about careers, school, challenges, and lifestyle

These sessions help students better understand whether orthopedic surgery could be a good long-term fit.

## Path to Pre-Med Course

All students participate in Outset's "Path to Pre-Med" curriculum. It is designed by pre-med advisors that demystifies the entire journey to becoming a doctor. Students learn:

- The full timeline from high school to college to medical school
- What pre-med classes to expect
- Strategies for succeeding in challenging courses
- How to choose the right college for their goals
- What the MCAT is, how, and when students prepare for it
- How to make smart choices about extracurriculars, gap years, etc
- What medical school applications look for

**Note: Specific activities vary by campus and availability. Students receive final schedule closer to their program date.**



# Your Foundation for the Pre-Med Journey

Our **Path to Pre-Med** curriculum is designed by pre-med advisors to help students understand what it takes, before they start the path.

## **Map Your Medical Journey**

See the full timeline and financial picture.

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## **Pick the Perfect College**

Find the school that sets you up for pre-med success.

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## **Tackle Pre-Med Challenges**

Learn how to handle the toughest college hurdles.

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## **Plan Your Courses**

Know what classes to take and in what order.

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## **Ace Hard Classes**

Master strategies for challenging pre-med courses.

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## **Gap Year Options**

Weigh pros and cons of a gap year before med school.

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## **Conquer the MCAT**

What it is, why it matters, and prep tips.

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**Master Med School Applications** Learn the process and how to stand out.

Hear from students what they take away from the Path to  
Pre-Med curriculum at the video on our home page:

[Learn More](#)



# Program FAQs

**What kind of student is a good fit for Orthopedic Surgery?**

Students who are focused, detail-oriented, and curious about musculoskeletal care in high-stakes medical settings. We look for applicants who demonstrate strong problem-solving skills, precision, and enthusiasm for hands-on learning in dynamic, fast-paced clinical environments.

**Will there be a waitlist for students who want to attend a specific campus or program?**

When campuses and / or programs are full, students can request to be placed on the waiting list and are encouraged to enroll for a different program that is relevant to their interests or an alternative campus offering the same program.

**Are there grade limitations for orthopedic surgery?**

No, there are no specific grade limitations for Orthopedic Surgery. The program is open to all high school students from 9<sup>th</sup> to 12<sup>th</sup> grade.

**Can I switch program specialty later?**

You can switch programs up to 2 months before your start date if there are still spots available in other programs on your campus. We cannot guarantee this, so please [contact our Admissions team](#) for more info.

**Can I do back to back programs in different specialties?**

Yes. Back to back programs are a great way to meet more peers, explore other specialties, and reinforce core learning. Note that if you stay on the same campus, activities may repeat and you will be participating in the "Path to Pre-Med" course again along with your new week's student cohort.

**What if I'm not sure this is the right program for me?**

See our overview of other program specialties on the next page. You can also visit our [website](#) to explore other programs.

**Contact Us**

# Hear from our alumni

## A Day at Outset



### **Educational & Fun**

*Perfect balance of fun and education. My daughter made some great friends here, and it really solidified her passion for and decision to go into medicine.*

Priyanka Bansal, Outset Parent, 2025

# All Programs

Not sure if **Orthopedic Surgery** is the right program for you?  
Check out some of our other MD path specialties:

<b>Orthopedic Surgery</b>	Study musculoskeletal system care, bones, joints, and injuries.
<b>General Medicine</b>	Explore the fundamentals of care, diagnosis, and treatment.
<b>Cardiology</b>	Explore surgical care for the brain, spine, and nervous system.
<b>Psychiatry</b>	Focus on mental health assessment and treatment.
<b>Anesthesiology</b>	Learn how anesthesia supports surgeries and patient safety.
<b>Pediatrics</b>	Focus on healthcare of children from infancy to adolescence.
<b>Dentistry</b>	Study oral health, dental procedures, and patient care.
<b>General Surgery</b>	Explore surgical principles and patient care for procedures.
<b>Emergency Medicine</b>	Understand fast-paced care for urgent and acute conditions.
<b>Dermatology</b>	Study skin health, conditions, and treatments.
<b>Neurosurgery</b>	Explore surgical care for the brain, spine, and nervous system.

[See All Programs](#)

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Ready for your week  
at Outset?

**Apply Now**

Have questions or need to follow-up on your admissions process? Schedule time with our Admissions Team

**Schedule Call**