



Sports Medicine Fellowship 2008-2009
 Division of Sports Medicine
 Department of Orthopaedic Surgery
 Stanford School of Medicine

I. Introduction

Stanford University offers a 12 month sports medicine fellowship through the Division of Sports Medicine, Department of Orthopaedic Surgery, in the School of Medicine. Its goal is to teach the knowledge, skills, and attitudes necessary for independent clinical practice in sports medicine. This fellowship will provide physicians with hands-on clinical training, teaching experience, and instruction in research methodology, with the goal of preparing them to become academic sports medicine physicians and leaders.

We see sports medicine as a field that revolves around its own center, with its own special knowledge and skills drawn from a number of specialties, serving a unique population. The fellowship emphasizes new content over a broad-base of clinical disciplines; much of this content is not covered in a primary care residency. For this reason, we require applicants to be clinically prepared beyond the level of a primary care resident. Successful applicants will typically have experience in clinical sports medicine through electives, rotations, team and event coverage, research, teaching, and course attendance.

The fellowship is designed for those who want to become full-time sports medicine physicians and leaders in the field. While the fellow will undoubtedly become a better pediatrician, internist, family physician or physiatrist, our primary goal is to help the candidate become an excellent sports medicine physician. In order to accomplish this, the fellowship program provides both required and optional learning experiences to complement specific needs. It is our goal to provide a fertile environment for outstanding applicants who will go on to become leaders in sports medicine.

II. Curriculum for Clinical Fellowship

The following topics constitute the curriculum for the fellowship. Learning objectives are based on this content:

Core Knowledge

Tissue Injury & Healing
 Functional Anatomy
 Exercise Physiology, Training & Fitness
 Rehabilitation
 Biomechanics
 Nutrition & Supplements

Medical Conditions

Fatigue & Overtraining
 Mild Head Injury
 Cardiopulmonary Medicine
 Immune System & Infectious Disease
 Women's Health
 Exercise & Health
 Psychology/Psychiatry

Musculoskeletal Injuries

Shoulder & Arm (acute)
 Shoulder & Arm (overuse)
 Elbow & Forearm
 Wrist & Hand
 Hip, Pelvis & Groin
 Thigh
 Knee (acute)
 Knee (overuse)
 Lower Leg
 Foot & Ankle
 Lumbar and Cervical Spine

Diagnostics & Therapeutics

Physical Examination
 Diagnostic Imaging
 Exercise Testing

Joint & Soft Tissue Injection
 Casting, Splinting, Bracing, Orthoses

Team Coverage

Team Physician
 Event Coverage
 Emergency Care & Triage
 Pre-Participation Evaluation
 Medical Direction & Administration

Teaching

Lectures & Seminars
 Seminars
 Case Rounds
 Journal Clubs

Learning is structured in three formats. *Modular* learning is where topics that represent the most important information required for clinical competency are assigned one month blocks. Modular learning ensures focused attention is given to core clinical competencies. Learning objectives met during these rotations are primarily musculoskeletal medicine, diagnostics, and therapeutics.

Academic experiences include lectures, rounds, reading, human performance lab, rehabilitation and other such areas.

Topics that do not lend themselves to discrete rotations are considered part of *continuity* learning and include core knowledge, medical conditions related to sport and exercise, team and event coverage, teaching, ethics, and administration. Continuity learning is provided through clinical work, team coverage, event coverage and academic experiences.

III. Key Components of the Stanford Sports Medicine Fellowship

- The fellow will gain experience in all aspects of sport medicine through active participation in all clinical activities. Structured evaluations will be provided monthly throughout the fellowship to provide an assessment of knowledge, skills, and attitude with respect to patient management problems and to participation in all academic and other aspects of the clinical environment. The expectation is that the responsibilities of the fellowship will be adopted by the fellow.
- It is understood that the fellow will gradually assume greater clinical responsibility throughout the program, so that by the end he or she will be engaged in independent patient care including responsibility for history, physical examination, differential diagnosis, and clinical decision making. General guidelines are that the fellow will be directly or indirectly involved in at least 15 patient visits per day.
- The fellow will participate in pre-season physicals and in the day-to-day coverage of teams.
- The fellow will be assigned at least one in-season sports team for which they serve as the primary team physician. They will also serve as first call for the Sports Medicine Center after hours.
- Stanford is a referral site for Northern California. As such, many patients travel a great distance. Fellows are expected to conduct themselves in a professional manner in accordance with their responsibilities as a consultant on the sports medicine service. Proper dress is required. Also, during clinical experiences, the fellow is expected to devote his or her entire time to patient duties.
- Office space and a computer are provided for the fellow's use in the Sports Medicine Center.

The following venues are required for clinical rotations that deal mostly with MSK learning objectives:

Sports Medicine Center Clinic	Team & Event Coverage
Blake Wilbur Sports Medicine Clinic	Case Review Rounds
Stanford Upper Extremity Clinic	
MSK Radiology Reading Room	

The following are optional learning experiences:

University of Calgary Elective	Human Performance Lab
University of British Columbia Elective	Rehabilitation
Tahoe Ski Trauma Clinic	Nutrition
Human Biology Teaching	

In addition to the above, the fellow should note the following expectations:

- The publishing expectations are 3 papers of which 2 can be case reports and 1 must be a full-length, evidence-based medicine review.
- The fellow is responsible for organizing the bi-weekly case rounds.
- The fellow covers 2 evening triage clinics per week and takes call for the clinic.
- The fellow is expected to cover teams and events.

VIII. Criteria for Completion of the Fellowship

The fellow will receive a diploma certificate from Stanford School of Medicine upon meeting the following criteria:

1. A high level of clinical competency in:
 - a. The diagnosis and treatment of musculoskeletal injuries resulting from sport or exercise
 - b. Exercise related medical conditions

- c. Exercise medicine, and the exercise prescription
 - d. Rehabilitation
 - e. The pre-participation evaluation
 - f. Management of the health care needs of a sports team (team physician)
2. Excellence in:
- a. Clinical teaching
 - b. Didactic teaching
 - c. Mentoring
3. Advancement of the field through discovery:
- a. Excellence in critical thinking and evidence-based medicine
 - b. Competence in clinical research study design
 - c. Principal involvement in active clinical research