

Clinical and Educational Objectives

1. Develop proficiency in obtaining a systematic history and physical examination on patients presenting with musculoskeletal complaints due to sport or athletic injury.
2. Determine, order and accurately interpret the most appropriate diagnostic tests based on history and physical examination.
3. Determine the most appropriate, data-driven methods of managing sports medicine diagnoses.
4. Develop and prioritize an individualized treatment plan and rehabilitation program for all patients. Write detailed physical therapy prescriptions with specific strengthening, stretching and aerobic exercise programs, including indicated modalities
5. Develop knowledge in the evidence-based rehabilitation protocols for the most common nonsurgical and surgical (pre and post operative) diagnoses in sports medicine.
6. Determine the patients that require surgical intervention, and facilitate referral to the appropriate surgeon on the team. Become familiar with different surgical approaches and the associated anatomy, as they relate to the subsequent rehabilitation program. Have the opportunity to observe surgical procedures, and assist as needed.
7. Become proficient at diagnostic and therapeutic intra-articular, tendon sheath and bursal injections.
8. Become proficient at trigger point, botox and prolotherapy injections for indicated subacute and chronic musculoskeletal diagnoses (physiatry clinic).
9. Become proficient at MSK ultrasound and interventional MSK ultrasound guided procedures for joint injection, percutaneous tenotomy, and platelet rich plasma injection.
10. Become proficient at flouro guided peripheral joint injections and basic lumbar epidural, sacroiliac and facet joint injections
11. Become proficient at EMG/NCV
12. Follow patients through treatment to evaluate for outcome success. Work to maximize patients' functional potential in sport and at home.
13. Manage a wide variety of sports injuries that encompass all regions of anatomy, including head injury (concussion) and nonsurgical spine diagnoses related to sport.
14. Manage disabled athletes that present to physiatry clinic (spinal cord injury, amputee, etc).
15. Work collaboratively and collegially with other health care professionals involved in Sports Medicine (orthopedic surgeons, radiologists, cardiologists, dermatologists, rheumatologists, pulmonologists, physical therapists, athletic trainers, strength and conditioning coaches, nutritionists, nurses, sport psychologists, etc.).
16. Obtain a working knowledge of the biomechanics of various sport activities in relationship to injury and human performance. Use this knowledge to maximize athletic performance.
17. Enhance understanding of the basic science of muscle and bone physiology, as they relate to strength and endurance training and stretching and flexibility in the healthy athlete, as well as in the presence of tissue injury.
18. Communicate effectively with athletes, coaches, parents and training staff regarding the diagnosis and management of injuries and the impact on sport activity and return to play.
19. Obtain experience in the organizational and operational requirements associated with providing for the health care needs for professional, collegiate and youth athletic teams in-season and off-season.
20. Obtain experience and proficiency in providing acute, on-field injury management at various levels of sport participation.
21. Discuss and participate in the prescription, application and/or fitting of appropriate protective devices for the prevention of sports injuries. Perform gait analysis, if indicated.

22. Participate in process of scientific inquiry, publication and presentation; Develop minimum of one manuscript to submit for publication and one presentation.
23. Attend and present at Sports Medicine Rounds to develop knowledge base and improve professional presentation skills.
24. Educate colleagues about the scope of Physical Medicine and Rehabilitation and the role of physiatrists in musculoskeletal practice and sports medicine.