

## **Progression of Training and Skills Sports Medicine**

### **Preamble**

Sports medicine, defined as primary care of a population modified by specific behavior, provides general medical care in addition to addressing problems specific to the athlete and exercising population. While involvement with musculoskeletal problems including injury is substantial, practice includes the female athlete triad, overuse and abuse syndromes, exercise-induced asthma, screening for cardiac abnormalities, and the management of athletes with diabetes and seizure disorder. Of importance is knowledge of concussion, second impact and post-concussion syndromes and safe return to participation, together with communication skills and ability to work with trainers, physical therapists, coaches, and parents. All residents are required to participate in bimonthly sports medicine conferences, pre-participation sports physicals for local schools and the University of North Dakota (UND), and injured UND athletes. In the residency program, opportunity exists to serve as team physician and acquire additional skill and experience.

### **Goals**

- Awareness of impact of musculoskeletal disease on the practice of family medicine
- Awareness of diagnosis and treatment of musculoskeletal injuries in family medicine
- Awareness of the role of the family physician as team physician
- Awareness of the vulnerabilities of the child and adolescent athlete
- Awareness of proper rehabilitation of acute musculoskeletal injuries
- Knowledge of prevention strategies as part of the care of the musculoskeletal system
- Development of expertise in relevant office procedures

### **Objectives**

- Awareness of role of team physician in promoting the success of the athletic training program, “cornerstone” of the medical team, available for emergencies
- Supervises pre-participation physical and medical history
- Expertise in clearing players to return to play after injury
- Performance of appropriate musculoskeletal history and physical examination
- Proficiency in joint and extremity examination and be knowledgeable about specific examination techniques
- Development of practical skills in splinting and casting, joint aspiration, joint and trigger-point injection
- Basic interpretation of radiography and advanced imaging of joints and extremities
- Understanding of indications for consultation and referral and be able to communicate findings and needed assistance accurately and specifically
- Knowledgeable concerning appropriate use of analgesic and anti-inflammatory agents
- Effective and compassionate communication skills with patients and families

The goals and objectives are achieved through a combination of structured experience together with didactic instruction. There is also overlap with the Orthopedics curriculum.

*[Revised and approved at the Faculty Meeting April 3, 2012]*

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**Suggested reading:**

Residents should note that there is suggested reading for this rotation.

[A collection of selected sports medicine topics - 1](#)

[A collection of selected sports medicine topics - 2](#)

[A collection of selected sports medicine topics - 3](#)

[Sports Physicals](#)

[Summary and Agreement Statement of the 2nd International Conference on Concussion in Sport, Prague 2004](#)

[Acute Knee Effusions: A Systematic Approach to Diagnosis](#)