

Sports Medicine Selective – ROTATION SPECIFIC OBJECTIVES Pediatric Emergency Medicine Subspecialty Medicine - University of Calgary

Medical Expert:

Knowledge:

- Understand the anatomy and pathophysiology of acute and chronic sport injuries including:
 - Rotator Cuff Injuries / glenohumeral instability
 - Isolated Knee Ligament injuries
 - Meniscal injuries of the knee
 - Patellofemoral Disorders
 - Ankle Sprains
 - Apophysitis
 - Spondylolysis and spondylolisthesis
 - Mechanical back pain
 - Stress fractures and their role in “Relative Energy Deficiency in Sport (RED-S)”
 - Understand the pathophysiology and natural history of concussion
 - Understand the principles of rehabilitation including up-to-date return to sports and learning guidelines

Technical Skills:

- Perform appropriate upper and lower extremity physical examinations including but not limited to:
 - Knee
 - Shoulder
 - Ankle
 - Back

Communicator:

- Communication with allied health professionals (physiotherapists, nurses, trainers)
- Communicate to patients, parents and coaches in clear and straightforward manner
- Communicate in writing appropriate rehabilitation prescriptions

Collaborator:

- Be able to interact within the medical team efficiently and to consult effectively
- Delegate effectively to other members of the health care team
- Be able to collaborate with coaches to outline limitations and permitted activity

Leader:

- Demonstrate cost effective use of investigative tools and therapeutic modalities

Health Advocate:

- Identify and advise on risk factors for prevention of injury including issues specific for gender, age and return to activity

Scholar:

- Demonstrate the ability to teach and supervise patients, students, colleagues and other healthcare professionals

Professional:

- Demonstrate sensitivity and respect for diversity of age, gender, religion, culture and the elite athlete
- Understand the principles of:
 - Ethics in sports, including performance enhancing drugs