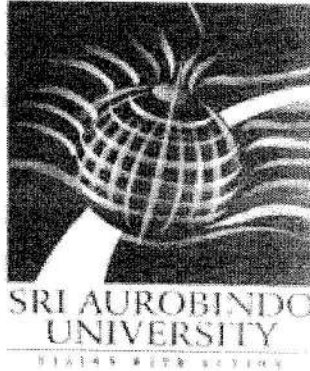


Curriculum for



# **Post-Doctoral Fellowship Course in Sports Medicine (Arthroscopy)**

**Department of Orthopaedics**

**SRI AUROBINDO UNIVERSITY**

SAIMS HOSPITAL CAMPUS, Indore Ujjain, State Highway, Bhawrasla, Indore, Madhya  
Pradesh 453555

## Curriculum

### **I. Syllabus – ‘Six months Post Doctoral Fellowship Course in Sports Medicine (Arthroscopy).**

#### **A. Teaching and Training Activities**

The fundamental components of the teaching programme include:

1. Case presentations & discussion- once a week
2. Seminar — Once a week
3. Journal club- Once a month
4. Round Presentation
5. Faculty lecture teaching- Once a month
6. Clinical Audit-Once a Month
7. Present One Posters/ Papers during one year period at International/National conference (May be Case Series or Case Report)
8. Candidates will be posted in Arthroplasty and Arthroscopy Clinic OPD, General and private ward and in Arthroplasty and Arthroscopy OT (procedure basis)
9. On call for Acute Pain Services

#### **B. Goals**

1. Understand principles of Arthroscopy & Sports Medicine.
2. Perform a thorough assessment: History and Clinical Examination of the patients; scoring, mapping and charting.
3. Evaluate and /or conduct relevant investigations
4. Choose appropriate treatment modality for patients and the skills for lifelong continuing education.
5. Administer interventional pain management blocks for a wide variety of chronic pain patients and develop interest in further learning.
6. Have sound knowledge of imaging anatomy (Fluoroscope, USG, MRI, CT, X-ray and the like)
7. Have knowledge of side effects / adverse events/ complications of treatment modalities and competency to manage them.
8. Have knowledge of health hazards associated with equipment's and take appropriate steps to prevent / minimize them.
9. Develop clinical, technical, teaching, training and research skills.
10. Data Collection, Analysis and Interpretation.

11. Follow Ethical and Medicolegally safe practice.

### **C. Teaching and Training Topics**

#### **Arthroscopy:**

- Instrumentation
- Arthroscopic Set up.
- Portal Placements in Knee, Shoulder, Elbow, Wrist, Hip.
- Diagnostic arthroscopy to evaluate knee and shoulder intra articular structures.
- ACL repair and reconstruction.
- PCL repair and reconstruction.
- Menisci repair.
- Posterolateral complex injuries.
- Multiligamentous injury
- Osteoarthritis
- Adhesive capsulitis.
- Shoulder Instability.
- SLAP & Biceps tendon lesions
- Rotator cuff and Impingement
- Scapular dyskinesia
- Ligaments around ankle
- Ankle Impingement
- Ligaments around wrist, TFCC
- Ligaments around elbow.
- Lateral Epicondylitis.
- Osteochondritis dissecans.
- Intra-articular and Peri-articular Fractures

### **D. Log Book**

A candidate shall maintain a log book of procedures (assisted / performed) during the training period, certified by the concerned post graduate teacher / Head of the department / senior consultant.

This log book shall be made available to the examiners at the time of the final examination.

The log book should show evidence that the before mentioned subjects were covered (with dates and the name of teacher(s)) The candidate will maintain the record of all academic activities undertaken by him/her in log book.

Details to be entered:

- a) Personal profile of the candidate
- b) Educational qualification/ Professional data
- c) Record of case histories
- d) Procedures learnt
- e) Record of case Demonstration/Presentations

Every candidate, at the time of practical examination, will be required to produce performance record (log book) containing details of the work done by him/her during the entire period of training as per requirements of the log book. It should be duly certified by the supervisor as work done by the candidate and countersigned by the administrative Head of the Institution.