Curriculum for

Post-Doctoral Fellowship Course

in

Arthroscopy & Sports Medicine

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**SRI AUROBINDO UNIVERSITY**

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

**Curriculum**

1. **Syllabus – ‘One year Post Doctoral Fellowship Course in Arthroscopy & Sports Medicine’– Tenure of 1 years**
2. **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 years period at International/National conference (May be Case Series or Case Report)
8. Candidates will be posted in Arthroscopy OPD, ward and in OT (procedure basis)
9. **Goals**
10. Understand Arthroscopy & sports medicine.
11. Perform a thorough assessment: History and Clinical Examination of the patients.
12. Evaluate and /or conduct relevant investigations
13. Choose appropriate treatment modality for patients with different types of sports injuries and the skills for lifelong continuing education.
14. Administer interventional management for a wide variety of conditions and develop interest in further Learning.
15. Have sound knowledge of imaging anatomy (USG, MRI, CT, X-ray and the like)
16. Have knowledge of side effects / adverse events/ complications of treatment modalities and competency to manage them.
17. Have knowledge of health hazards associated with the use of equipment’s and take appropriate steps to prevent / minimize them.
18. Develop clinical, technical, teaching, training and research skills necessary for pain medicine.
19. Data Collection, Analysis and Interpretation.
20. **Teaching and Training Topics**

**Sports Medicine:**

* + On field Examination – Sideline Physician
	+ Examination of an Athlete
	+ Ligament Injuries
	+ Stress Fracture, RSI
* Principles of Sports Rehabilitation
* Athletic Taping
* Exercise Prescription
* Sports Shoes
* Sports Nutrition

**Arthroscopy:**

* Instrumentation
* Arthroscopic Set up & Portal Placements in Knee,
* Shoulder, Elbow, Wrist, Hip.
* Menisci
* Cartilage
* Synovium
* Patellofemoral joint
* ACL
* PCL
* MCL
* LCL
* Posterolateral complex
* Multiligament injury
* Osteoarthritis
* Shoulder Periarthritis
* Shoulder Instability‐anterior, posterior, inferior,multi
* SLAP & Biceps tendon lesions
* Rotator cuff and Impingement
* Scapular dyskinesia
* Ligaments around ankle
* Ankle Impingement
* OCLT
* Ligaments around wrist, TFCC
* Ligaments around elbow
* Lateral Epicondylitis
* OCD
* Intra‐articular and Peri‐articular Fractures
1. **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 for their perusal 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:

1. Personal profile of the candidate
2. Educational qualification/ Professional data
3. Record of case histories
4. Procedures learnt
5. 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.