

## Goals and Objectives of Sports – Knee Rotation

### **Resident Years: PGY5**

1. Workup and present a patient with a knee problem specifying the working diagnosis, additional studies to confirm or change the diagnosis, the treatment alternatives and expected outcome. This includes demonstrating the ability to take a detailed history and perform an accurate lower extremity exam.
2. Recognize and take into account the lower extremity angular and rotational alignment, relevant biomechanics, and lifestyle.
3. Prescribe appropriate bracing.
4. Describe the natural history of the patient's problem if untreated, treated non-operatively and treated operatively.
5. Perform local anesthesia to include: knee, GT bursa, field local infiltration, joint injection for pain localization.
6. Demonstrate pre-op readiness by specifying the following for each case:
  - a. Surgical indications and goals.
  - b. Incision, approach relevant anatomy and step-by-step procedures.
  - c. Three-dimensional considerations.
  - d. Expected difficulties and potential pitfalls.
  - e. Contingency plans.
  - f. Criteria of acceptable results.
  - g. Pre-op planning knee osteoarthritis:
    - i. Osteotomy
    - ii. Unicompartament arthroplasty
    - iii. TKA – CR versus PS versus CCK versus Hinge
  - h. Patient positioning – Osteotomy, Unicompartament arthroplasty, TKA.
  - i. Workup failed arthroplasty.
  - j. Post-op knee arthritis – Immediate hospitalization, long term.
7. Perform and assist surgical procedures for common knee problems: total knee arthroplasty, unicompartament arthroplasty, osteotomies, knee ligament reconstruction, removal of hardware, arthroplasty.
8. List the equipment needed for all the basic procedures and demonstrate the ability to correctly review the completeness of this equipment before starting a procedure.
9. Demonstrate attention to detail in follow-up for post-operative patients.
10. Recognize treatments.
11. Demonstrate the ability to recognize and initiate treatment of complications.
12. Critique knee literature at the department journal clubs.
13. Learn appropriate on field coverage for sporting events by active participation.
14. Determine when appropriate return to play for various injuries by providing on field and training room coverage.
15. Learn treatment for acute and chronic sports injuries.

16. Learn treatment of overuse injuries.
17. Learn workup and diagnosis of various athletic injuries.
18. Learn treatment of overuse injuries. Learn workup and diagnosis of various athletic injuries.
19. Prepare for surgery by learning proper bed, instrument, and or soft tissue graft request.
20. Learn proper draping, table, room setup, and instrument set up.
21. Learn operative technique of multiple upper and lower extremity injuries, i.e., shoulder and knee arthroscopy, rotator cuff repair, anterior shoulder stabilization, subacromial decompression, ACL reconstruction, meniscal repair, etc.
22. Learn post-operative treatment for above procedures.
23. Understand when and what alternatives exist for the operative injuries.
24. Develop a working relationship with athletic trainers from pre-participation physicals throughout a season.
25. Demonstrate skills competency in the Bioskills Cadaver Lab.