

## **Goals and Objectives for Sports - Shoulder and Elbow Rotation**

**Resident Years: PGY4, PGY5**

1. Workup and present a patient with a shoulder or elbow 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 shoulder and elbow exam.
2. Recognize and take into account the relevant normal and pathologic biomechanics of the shoulder and elbow.
3. Understand the use of and prescribe appropriate braces for injuries and diseases of the shoulder and elbow.
4. Develop rationale for the use of testing (MRI, CT scan, etc.) to confirm or rule out specific diagnoses.
5. Describe the natural history of the patient's problem if untreated, treated non-operatively and treated operatively.
6. Understand non-surgical treatment options, commonly used physical therapy modalities, and accurately prescribe appropriate therapeutic measures related to the shoulder and elbow (both pre-op and post-op).
7. Perform local anesthesia for pain localization and therapeutic steroid injections as indicated.
8. 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 procedure.
  - c. Three-dimensional considerations.
  - d. Expected difficulties and potential pitfalls.
  - e. Contingency plans.
  - f. Criteria of acceptable results.
9. Perform and assist surgical procedures for common shoulder and elbow problems: shoulder impingement, biceps tendon pathology, shoulder and elbow arthritis, rotator cuff tears, adhesive capsulitis, shoulder and elbow instability, and revision reconstructive procedures.
10. 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.
11. Demonstrate attention to detail in follow-up for post-operative patients.
12. Recognize the post-operative shoulder or elbow in trouble.
13. Demonstrate the ability to recognize and initiate treatment of complications.
14. Critique shoulder and elbow literature at the department journal clubs.