FELLOW'S SCHEDULE
2017-2018

JULY	UMC
AUGUST	UMC
SEPTEMBER	UMC
OCTOBER	ORTHO-ASMI
NOVEMBER	ORTHO- UOC
DECEMBER	UMC
JANUARY	UMC
FEBRUARY	ORTHO/FOOT AND ANKLE- AMSI
MARCH	RESEARCH
APRIL	ANATOMY/RADIOLOGY
MAY	UMC
JUNE	UMC

Continuity Clinic Wednesday- morning
Longitudinal Studies: Exercise Physiology, Physical Therapy

Fellowship Responsibilities 2017-2018

Formal Presentations

These Power Point presentations will be videoed and linked from our web site at UMC. They are intended for you to use in the future for educational purposes. They are given at 1:00 pm on the 2nd Tuesday of each month (unless a schedule conflict) and are attended by faculty, residents and medical students and local Athletic Trainers. They are given during the Resident's Academic Afternoon and active discussion will occur following. They will also be recorded and used for rural teaching and placed on the CCHS web-site.

8/8/17 Concussion
10/10/17 Sudden Cardiac Death in Athletes
12/12/17 Exercise Induced Asthma
2/13/18 Performance Enhancing Drugs
4/10/18 Sports Nutrition
5/8/18 Exercise For an Active Lifestyle/Exercise Prescription
6/12/18 Overuse Injuries
6/29/18 Research Presentation

Friday Morning Journal Club- Medical

These are articles to be presented at 6:30 on Friday mornings. They are located in the Dean's Conference room at UMC. They are attended by all faculty, residents and medical students on a Sports Medicine rotation, and any interested individuals. You are responsible for finding an article on the given subject that is current (within the previous 2 years) and e-mailing it to all parties (including residents and medical students on the rotation, and former Fellows) before Wednesday of the assigned week.

7/7/17 Emergency Action Plan
7/14/17 Exertional Heat Stroke
7/21/17 Post-Concussive Syndrome
7/28/17 Chronic Traumatic Encephalopathy
8/4/17 Cervical Spinal cord Injuries/management
8/11/17 Transient Quadraparesis
8/18/17 Cardiac Screening
8/25/17 Comotio Cordis
9/1/17 Hypertrophic Cardiomyopathy
9/8/17 Exertional Rhabdomyolysis
9/15/17 Mononucleosis
9/22/17 Altitude Illness
9/29/17 Altitude Training/Adaptations
10/6/17 Sickle Cell Trait
10/13/17 Hypertension in Athletes
10/20/17 Vocal Cord Dysfunction
10/27/17 Diabetes in Athletes
11/3/17 Pneumothorax/Pneumomediastinum
11/10/17 Drug Testing

11/17/17 Jet Lag
11/24/17 THANKSGIVING
12/1/17 Thoracic Outlet Syndrome
12/8/17 ADVANCED TEAM PHYSICIAN COURSE
12/15/17 Costochondritis
12/22/17 **Christmas Closure**
12/29/17 BOWL
1/5/18 Testicular Injuries
1/12/18 Hyponatremia in Endurance Sports
1/19/18 Body Composition Measurements
1/26/18 Weight Limited Sports (Wrestling)/ Guidelines-Rules
2/2/18 Overtraining/Burn-out
2/9/18 Exercise and Immune Function
2/14/18 Mass Participation Event Coverage
2/23/18 Complex Regional Pain Syndrome
3/2/18 Weight Training for the Young Athlete
3/9/18 Exercise Induced Urticaria
3/16/18 Hematuria/ Protienuria
3/23/18 Pregnancy- current ACOG guidelines
3/30/18 Athletic Amenorrhea
4/6/18 Anemia/Iron Deficiency
4/13/18 Eye injuries
4/20/18 Therapeutic Drugs- Effect on Exercise
4/27/18 AMSSM
5/4/18 ENT Injuries
5/9/18 Scuba Diving Medicine
5/18/18 Disabled Athletes
5/25/18 Sports Medicine Administration
6/1/18 ACSM MEETING
6/8/18 Legal Issues
6/15/18 Free Topic
6/22/18 Free Topic
6/29/18 Bearhog Course

Journal Club- MSK

These are articles on musculoskeletal injuries, conditions or problems that interest you. They will be discussed on Monday, Tuesday, and Thursday afternoons after the conclusion of clinic duties. The article should be e-mailed to me and any residents or medical students on the rotation and ALL former Fellows at least 2 days prior to the discussion. Wednesdays are for other educational opportunities including exam skills, ultrasound training, and other topics of interest. The Wednesday afternoon educational sessions will start at 1:00 pm.

The following topics are mandatory:

7/5/17 Knee Exam
7/6/17 Basic Science: Bone
7/10/17 Basic Science: Muscle/tendon
7/11/17 Basic Science-Ligament
7/12/17 Shoulder Exam
7/13/17 Casting/Splinting
7/17/17 Basic Science: corticosteroids
7/18/17 Basic Science: NSAIDs
7/19/17 Ankle Exam
7/20/17 Basic Science: Quinolones
7/24/17 Basic Science: Glucosamine/Chondroitin
7/25/17 Basic Science: Hyaluronic Acid
7/26/17 Cervical Spine Exam
7/27/17 Basic Science: Stem Cells
7/31/17 Basic Science: PRP
8/1/17 ACL
8/2/17 Back Exam
8/3/17 PCL
8/7/17 MCL
8/8/17 LCL
8/9/17 Hip Exam
8/10/17 Meniscus
8/14/17 Articular Cartilage
8/16/17 Elbow Exam
8/17/17 Osgood-Schlatter's
8/21/17 Sindling-Larsen-Johansen's Disease
8/22/17 Patellar Dislocation/Subluxation
8/23/17 Foot Exam
8/28/17 Knee Dislocation
8/30/17 Hand/Wrist/Finger Exam
8/31/17 Patellar Tendon Rupture
9/4/17 Patellar Tendinosis
9/5/17 Anterior Knee Pain
9/6/17 Ultrasound Basics/Knobology
9/11/17 Clavicle Fractures
9/13/17 Competency test: Knobology
9/14/17 Metacarpal Fractures
9/18/17 UCL Sprain Thumb
9/19/17 Finger Fractures
9/20/17 Ultrasound Evaluation: Wrist
9/25/17 Finger Ligament and tendon injuries
9/27/17 Competency test: wrist
9/28/17 Lateral Ankle Injuries
10/2/17 Medial Ankle Injuries
10/3/17 AC/SC Sprains
10/4/17 Ultrasound evaluation: shoulder

10/9/17 Shoulder Dislocations/Subluxations
10/11/17 Competency test: shoulder
10/12/17 Os Trigone syndrome
10/16/17 Lis Franc injuries
10/17/18 Jone's fracture
10/18/17 Ultrasound Evaluation: Elbow
10/23/17 Turf Toe
10/25/17 Competency test: Elbow
10/26/17 Sesamoid injuries
10/30/17 Hallux rigidus
10/31/17 MOT: myositis ossificans traumatica
11/1/17 Ultrasound Evaluation of foot and ankle
11/6/17 Sever's Disease
11/8/17 Competency test: Foot and Ankle
11/9/17 Achilles Tear
11/13/17 Plantar Fasciitis
11/15/17 Ultrasound Evaluation: Knee
11/20/17 Shin Splints
11/22/17 Competency Test: Knee
11/27/17 Exertional Compartment Syndrome Lower Extremity
11/28/17 FAI
11/29/17 Ultrasound Evaluation: Hip
12/4/17 Hip Labral Injuries
12/11/17 Femoral Neck Stress Fractures
12/12 /17 SCFE
12/13/17 Competency: Hip
12/18/17 Legg-Calve-Perthes
12/19/17 Scoliosis
12/20/17 Ultrasound Guided Injections
1/2/18 Pelvic Avulsion Fractures
1/4/18 SI Joint
1/9/18 Spondylolysis/Spondylolithesis
1/15/18 Spinal Stenosis
1/16/18 HNP
1/18/18 Scapular Mechanics
1/22/18 Sprengle's Deformity
1/23/18 Scapular Fractures
1/29/18 Pitching Mechanics
1/30/18 Rotator Cuff Tears
2/5/18 Impingement Syndrome
2/6/18 Labral Tears
2/12/18 Little Leaguer's Shoulder
2/13/18 Plica Syndrome
2/19/18 Frozen Shoulder
2/20/18 Biceps Tendon Injuries
3/5/18 UCL Injuries Elbow
3/6/18 Olecranon Stress Fractures
3/19/18 Lateral Epicondylitis

3/20/18 Little Leaguer's Elbow/ Juvenile OCD
3/26/18 Distal Biceps Tendon Rupture
3/27/18 Valgus Extension Overload
3/29/18 Ulnar Neuritis
4/2/18 Elbow Dislocations
4/3/18 Radial Head Fractures
4/9/18 Forearm Compartment Syndrome
4/10/18 Medial Epicondyle Apophysitis/ Avulsion
4/12/18 Carpal Tunnel Syndrome
4/16/18 DRUJ Injuries/TFCC
4/17/18 ECU Injuries
4/30/18 Scaphoid Fracture
5/1/18 Scapho-Lunate Instability
5/7/18 Ulnar Variance
5/8/18 Kienbock's Disease
5/14/18 Hook of the Hamate Fractures
5/15/18 DeQuervain's Tenosynovitis
5/21/18 Politeus tendinitis
5/22/18 Bennett's Fracture
5/24/18 Tarsal Navicular Stress Fracture
6/4/18 Iliotibial Band Syndrome
6/5/18 Hoffa's Disease
6/7/18 Snapping Hip
6/11/18 Entrapment Neuropathies- Upper Extremity
6/12/18 Entrapment Neuropathies- Lower Extremity
6/18/18 Cuboid Syndrome
6/19/18 TBD
6/25/18 TBD
6/26/18 TBD

Other Didactics

7/9/17 ACLS and Airway Management in Football Players
7/1/17-7/31/17 BJSM on-line course: ECG in Athletes (all 5 modules)

Mandatory Meetings

12/6/17 - 12/10/17 Advanced Team Physician Course-Baltimore
4/24/18 – 4/29/18 AMSSM Annual Meeting – Orlando
Case Abstract Deadline:
5/29/18 – 6/2/18 ACSM Annual Meeting – Minneapolis, MN
6/27/18 -7/1/18 Graduation Weekend trip-

1. Practice Improvement Tool-Develop an idea to help improve the practice of Sports Medicine or Preventive Medicine that can be utilized in your clinic, and UMC

2. Research project to be presented at the end of the Fellowship. The project must be completed prior to Graduation in order to complete the Fellowship.

3. Case Presentation Poster/Podium presentation (or research poster) at both AMSSM annual meeting and ACSM annual meeting. Make sure deadlines for submission of abstracts are met.

4. Presentation at ALATA annual meeting in May (if no conflict)

5. Membership in both ACSM and AMSSM if not already

6. University of Alabama Pre-Participation Physicals-

7. Shelton State Community College Pre-Participation Physicals-

8. DCH Sports Medicine Pre-Participation Physicals:

9. Alabama Sports Festival- June

10. Boxing/MMA Physicals and fight coverage- TBA

11. Tour de Tuscaloosa Professional Bike Race- April

12. Tuscaloosa Half Marathon: March

13. NCAA Triathlon Championships

14. Saturday Morning Injury Clinic: August-November

15. High School Friday Night Football Game Coverage: August- November

16. Super 7 State High School Football Championships (Tuscaloosa)- November 29-December 1, 2017

17. State High School Basketball Championship Tournament Coverage (Birmingham)- February 26-March 3, 2018

18. State High School Wrestling Weigh-in- October-December 2017

19. State High School Wrestling Super Section (Montgomery, Birmingham) February 9-10, 2018

20. State High School Wrestling Tournament (Huntsville)-February 15-17, 2018

21. State High School Soccer Championships (Huntsville) May 11-12, 2018

22. High School Wednesday Afternoon Athletic Training Room: August- November

23. University of Alabama Athletic Team Event Coverage: Football, Women's Basketball, Gymnastics

24. University of Alabama Club Hockey game coverage

25. University of Alabama Theater and Dance Department Dance Clinics- Tuesday afternoons @ 5:30pm

26. University of Alabama Wheelchair Basketball Coverage

27. Special Olympics Pre-Participation Physical

28. Good Samaritan Clinic- every other Thursday evening at the Good Sam Clinic on Watermelon Road.

Fellowship Forum