Adolescent Medicine Resident Curriculum

SPORTS MEDICINE

CREATIVE COMMONS

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### Preparticipation Screen:
1. Identify medical and family history components important in assessing an adolescent during a pre-participation screen.
2. Recognize the medical conditions that limit participation in certain sports activities.
3. Identify risk factors for abuse of performance enhancing drugs.

#### Readings:

#### Podcasts:

### Common Injuries:
1. Recognize and understand risk factors for common overuse injuries in adolescents such as patellofemoral pain syndrome, shoulder instability, tibia stress fracture, spondylolysis.
2. Recognize and diagnose common traumatic sports injuries in adolescents such as ACL tear, ankle sprain, patellar dislocation.

#### Readings:

#### Podcasts:

#### Interactive online cases available from the American Medical Society for Sports Medicine:

### Online Resources:

### CLINICAL AND COMMUNITY SETTINGS
- Outpatient (adolescent clinic, primary care clinic, subspecialty clinics, sports medicine clinics)
- Adolescent Clinic/Rotation
- Resident Continuity Clinic
- Sports Medicine Clinic (during adolescent rotation or separate rotation/ experience)
- Emergency department
- Acute/urgent care settings
**Websites and Online Resources:**


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**SPORTS MEDICINE – continued**

**Female Athlete Triad and Relative Energy Deficiency:**

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| 1. Identify components of the female athlete triad and the possible long-term health consequences associated with it. | American Medical Society for Sports Medicine - interactive online cases
   - Hip Pain in a College Runner
   - Devastating Fracture In An Adolescent Runner: Nature Vs. Nurture?
| 2. Recognize that excessive exercise may result in relative energy deficiency in athletes and others focused on exercise for weight management. | | | • Adolescent Clinic/Rotation |
| 3. Recognize athletes who are at risk for developing female athlete triad. | | | • Eating disorder treatment center |
| 4. Describe possible treatment approaches to adolescents diagnosed with female athlete triad. | | | • Pediatric/ |

*Note that what is traditionally called “Female Athlete Triad” may also apply to youth of all genders.*

**Readings:**


**Podcasts and Videos:**

2. Dr. Gloria Cohen presents The Female Athlete Triad at the ONSF Medical Education Conference for medical professionals held at Greenwich Hospital on November 8, 2014
   [https://www.youtube.com/watch?v=qbyLo29ezKg](https://www.youtube.com/watch?v=qbyLo29ezKg)

**Online Resources:**

1. Female Athlete Triad Coalition.
   [https://www.femaleandmaleathletetriad.org/professionals/](https://www.femaleandmaleathletetriad.org/professionals/)

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### Concussion:

1. Recognize symptoms of sports-related concussion in adolescents
2. Describe “second impact syndrome”
3. Explain the importance of return to play guidelines and practice their implementation

#### Readings:


#### Podcasts:


#### Interactive Learning Opportunities


#### Materials to Develop Educational Sessions

Online Resources: