Adolescent Medicine Resident Curriculum

SPORTS MEDICINE

CREATIVE COMMONS

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## MODULE AND LEARNING OBJECTIVES

### Sports Medicine

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

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

### TEACHING MATERIALS

#### Readings and Videos

**Preparticipation Screen:**

**Podcasts:**

#### Interactive Learning Opportunities

**Online Resources:**
3. 32 Yo Woman With Excruciating Left Lower Extremity Pain
4. Knee Pain After A Slide Tackle In Football

#### Materials to Develop Educational Sessions

**Powerpoint Presentations:**
1. Overuse Injuries & Burnout in Youth Sports with Dr. John DiFiori (lead author), Dr. Joel S. Brenner and Dr. Neeru Jayanthi. Available at: http://www.amssm.org/E-Learning.php

### 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

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**American Medical Society for Sports Medicine - interactive online cases**

**Powerpoint Presentations:**

### Female Athlete Triad and Relative Energy Deficiency:

1. Identify components of the female athlete triad and the possible long-term health consequences associated with it.
2. Recognize that excessive exercise may result in relative energy deficiency in athletes and others focused on exercise for weight management.
3. Recognize athletes who are at risk for developing female athlete triad.
4. Describe possible treatment approaches to adolescents diagnosed with female athlete triad.

#### Readings:

#### Podcasts and Videos:
- 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. Available at: [https://www.youtube.com/watch?v=jbyLcZ0cX9g](https://www.youtube.com/watch?v=jbyLcZ0cX9g)

### 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:
- Sport-Related Concussion in Children and Adolescents (AAP 2010; reaffirmed 2014). Available at: [http://pediatrics.aappublications.org/content/126/3/597](http://pediatrics.aappublications.org/content/126/3/597)

#### Online Resources:
- CDC HEADS UP to Health Care Providers: [http://www.cdc.gov/headsup/providers/index.html](http://www.cdc.gov/headsup/providers/index.html)