



## SPORTS MEDICINE

**Goal:** The goal of the Sports Medicine rotation is to provide learning opportunities that will enable students to develop or refine the knowledge, skills, and attitudes necessary to:

1. Understand the philosophy of sports medicine from a primary care perspective.
2. Apply the scientific knowledge of sports medicine in clinical practice.
3. Understand the pathophysiology and management of athletic injuries.
4. Identify the importance of the osteopathic structural examination, osteopathic manipulation, and osteopathic whole person concept in the treatment of athletes.

**Objectives:** Upon completion of this rotation, students will demonstrate understanding of:

### General considerations

1. The integration of the philosophies of Primary Care Medicine and Sports Medicine.
2. The family physician's role as a member of the sports medicine team (along with trainer, PT, OT, and orthopaedic surgery).
3. The integration of the basic sciences and osteopathic sports medicine:
  - a. Exercise physiology.
  - b. Anatomy: Structure/Function concepts.
  - c. Biomechanics.
4. The principles of nutrition, fluids and electrolytes.

### Health promotion and prevention

1. The role of exercise in health promotion.
2. Principles of pre-participation evaluation.
3. Principles of injury prevention.
4. Principles of conditioning and training techniques (basic).
5. Principles of exercise prescriptions:
  - a. Age related
  - b. Patients with chronic illness
6. Community resources and their accessibility.
7. The epidemiology of exercise and injury.
8. Principles of patient education.
9. Principles of exercise in pregnancy (with OB consultation).

## **Patient care aspects**

1. The role of the family physician as a team or event physician.
2. Assessment of acutely injured athletes and transport issues.
3. Management of athletes, and sports related issues.
4. The treatment of athletic injuries utilizing osteopathic manipulation.
5. The management of pain syndromes utilizing osteopathic manipulation.
6. Principles of the rehabilitation of athletes.
7. Principles of exercise as a treatment, including physical and psychologic problems.
8. Osteopathic Whole Person Considerations for athlete subgroups:
  - a. Children.
  - b. Women.
  - c. Geriatric.
  - d. Physically challenged.
  - e. Recreational.
  - f. Athletes with chronic conditions.
9. Medical equipment and supplies.
10. Team liaisons: coach, parents, orthopaedic surgeons.

## **Problems associated with exercise**

1. Upon completion of this rotation, utilizing osteopathic whole person concepts, residents will demonstrate understanding of the following problems associated with exercise:
  - a. Exercise addiction.
  - b. Steroid abuse.
  - c. "66 under pressure" performance.
  - d. Intermittent exerciser.
  - e. Expectations of athletes.
  - f. Substance abuse and athletics.
  - g. Eating disorders.
  - h. Exercise-induced asthma.
  - i. Specialized issues of women athletes.
  - j. Osteoporosis.
  - k. Amenorrhea.
  - l. Eating disorders.
2. Perform the following techniques and procedures:
  - a. Focused history of musculoskeletal and cardiovascular systems.
  - b. Focused osteopathic examination of musculoskeletal and cardiovascular systems.
  - c. Psychological assessment and counseling.
  - d. Assessment and osteopathic physician management of sports-specific injuries.
  - e. Taping and strapping.
  - f. Immobilization.

g. Bracing.

3. Demonstrate understanding of the following techniques and procedures:

- a. Physical training.
- b. Treadmill testing.
- c. Body fat determination.
- d. Flexibility determination.
- e. Safety of exercise environment.
- f. Managing the medical aspects of an athletic event.
- g. Managing acutely injured athletes.
- h. Managing acutely ill athletes.
- i. Sports physiotherapy.
- j. Home rehabilitation techniques.
- k. Equipping a team's physicians bag.
- l. Joint aspiration.