

FELLOWSHIP IN ARTHROSCOPY AND SPORTS MEDICINE



INSTITUTE OF ADVANCED ORTHOPEDICS

MOSC MEDICAL COLLEGE HOSPITAL

KOLENCHERY, KOCHI, KERALA, INDIA

Training schedule and Syllabus

FELLOWSHIP DIRECTOR

DR SUJIT JOS

MS(ORTHO), FRCS GLAS., MCH(ORTHO), MRCS ED.

PROF AND HEAD OF THE DEPARTMENT

OTHER DOCTORS

DR MELVIN GEORGE DNB (ORTHO),
MCH(ORTHO) – UNIT II

DR REJO VARGHESE – SPINE SURGEON

DR RAJIT JOHN CHERIAN – PEDIATRIC
ORTHOPEDICS

DR BOBBY PAULOSE – CONSULTANT

DR SHYAM RAMESH – SR RESIDENT

DR KIRAN BENNY – SR RESIDENT

DR PRANOY PAUL – SR RESIDENT

Duration : 1 year

Eligibility : 2 years post MS (Ortho) / DNB (Ortho)

Number of seats : 2 seats per year, one intake each in April and October

Accreditation : ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine) approved fellowship

Objectives :

1. To develop a systemic approach to dealing with evaluation and decision making in various aspects of joint injuries.
2. To develop and sharpen skills in interpretation of musculoskeletal radiological studies
3. To attain basic skills in arthroscopy including knowledge of various specialized instruments and its maintenance.
4. To obtain experience in scientific data collection, analysis interpretation, publication and surgical audit.

Training Schedule :

- OPD postings including follow-up - 4 days / week
- Ward & Theater posting - 10 months (3 days/week)
- Research posting - 6 weeks
- Peripheral posting - as per directives (Adult reconstructive surgery, sports rehabilitation, fitness training, on-field training)
- Monthly 4 duties covering the Urgent Care, Patient Calls and Inpatient Floor coverage

Surgical Exposure expected: -

- Performing basic Knee & Shoulder Arthroscopy
- Assisting Advanced Arthroscopic procedures
- ACL reconstruction
- PCL reconstruction
- Multi-ligament injury reconstruction
- ACL/PCL avulsion fixation
- MPFL reconstruction / Distal realignment
- Mosaicplasty
- ACI / BMAC / Autocart / OATS
- Bankart Repair
- Arthroscopic Latarjet and iliac crest bone graft for glenoid reconstruction
- Remplissage
- SLAP repair
- Biceps tenodesis
- Rotator cuff repair
- Subacromial Decompression
- Elbow Arthroscopy
- Ankle Arthroscopy
- Hip Arthroscopy

Academic expectations during the fellowship:

- Research work - data collection, analysis and paper writing
- More than 1 publication in an indexed journal
- One presentation in a national level conference

- Attending sports tournaments as a sports physician
- Maintenance of log book of clinical and surgical work
- Securing more than 50% in final examination

Syllabus :

Sports Medicine:

1. Examination of an Athlete
2. Ligament Injuries
3. Stress Fracture, RSI
4. Principles of Sports Rehabilitation
5. Athletic Taping
6. Exercise Prescription
7. Sports Shoes
8. Sports Nutrition

Arthroscopy:

1. Instrumentation
2. Arthroscopic Set up & Portal Placements in Knee, Shoulder, Elbow, Wrist, Hip
3. Menisci
4. Cartilage
5. Synovium
6. Patellofemoral joint
7. ACL
8. PCL
9. MCL
10. LCL
11. Posterolateral complex
12. Multiligament injury
13. Osteoarthritis
14. Shoulder Periarthritis

15. Shoulder Instability-anterior, posterior, inferior,multi
16. SLAP & Biceps tendon lesions
17. Rotator cuff and Impingement
18. Scapular dyskinesia
19. Ligaments around ankle
20. Ankle Impingement
21. OCLT
22. Ligaments around wrist, TFCC
23. Ligaments around elbow
24. Lateral Epicondylitis
25. OCD
26. Intra-articular and Peri-articular Fractures

REFERRAL BOOKS & JOURNALS

1. Insall & Scott Surgery of the knee
2. DeLee and Drez's Orthopaedic Sports Medicine
3. Manual of Arthroscopic surgery- Michael Strobel
4. Rockwood: The Shoulder
5. Campbell's Operative Orthopaedics
6. Gartsman – Shoulder Arthroscopy
7. Noyes' Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes
8. Arthroscopy: The Journal of Arthroscopic and Related Surgery
9. Journal of American Academy of Orthopaedic Surgeons