

TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Basic Science

History and Physical Examination of the Hip

History and Physical Examination of the Knee

Radiographic Evaluation of the Hip

Radiographic Evaluation of the Knee

Biomechanics of the Hip

Biomechanics of the Knee

Nonsurgical Management of Hip Pain

Nonsurgical Management of Knee Osteoarthritis

Perioperative Treatment of Patients Undergoing Arthroplasty

Blood Management in Arthroplasty

Economics of Total Hip and Total Knee Arthroplasty

Outpatient Total Joint Arthroplasty

National Joint Registries

Retrieval Analysis of Hip and Knee Protheses

Venous Thromboembolism in Knee and Hip Arthroplasty

Section 2: Hip

Surgical Anatomy of the Hip

Hip Arthroscopy and Periacetabular Osteotomy: Surgical Techniques

Total Hip Arthroplasty: Bearing Surfaces Basic Science Bearing Surface Options: Wear, Stability, and Revision

Alternative Implant Designs: Hip Resurfacing

Primary Total Hip Arthroplasty for Osteoarthritis: Acetabular Component
Primary Total Hip Arthroplasty for Osteoarthritis: Femoral Component
Primary Total Hip Arthroplasty for Other Indications: Developmental
Dysplasia of the Hip

Primary Total Hip Arthroplasty for Other Indications: Hip Fractures

Total Hip Arthroplasty for Other Indications: Inflammatory Arthritis

Primary Total Hip Arthroplasty for Other Indications: Oncologic

Resection and Reconstruction

Arthroplasty and Nonarthroplasty Solutions for Osteonecrosis of the Hip

Primary Total Hip Arthroplasty for Other Indications:

Post-Septic Arthritis

Primary Total Hip Arthroplasty for Other Indications: Posttraumatic Arthritis

Advanced Technologies in Primary Total Hip Arthroplasty



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 3: Revision Total Hip Arthroplasty

Evaluation and Workup in Revision Total Hip Arthroplasty

Extended Trochanteric Osteotomy

Bone Loss Classification

Component Removal in Revision Total Hip Arthroplasty

Acetabular Component Revision

Femoral Component Revision

Section 4: Complications After Total Hip Arthroplasty

Limb Length and Offset

Intraoperative Neurovascular Injury

Intraoperative Periprosthetic Fractures

Postoperative Adverse Local Tissue Reaction

Aseptic Loosening After Total Hip Arthroplasty

Postoperative Hip Dislocation

Postoperative Heterotopic Ossification

Postoperative Periprosthetic Fractures of the Femur and Acetabulum

Periprosthetic Joint Infection

Postoperative Polyethylene Wear and Osteolysis

Section 5: Knee

Surgical Anatomy of the Knee

Implant Designs in Total Knee Arthroplasty

Unicompartmental Knee Arthroplasty

Alternative Arthroplasty Options: Bicompartmental, Bicruciate-Retaining, and Patellofemoral Knee Arthroplasty

Nonarthroplasty Management of Knee Osteoarthritis

Alignment Strategies in Total Knee Arthroplasty

Primary Total Knee Arthroplasty for Osteoarthritis

Primary Total Knee Arthroplasty for Other Indications: Posttraumatic Arthritis of the Knee

Primary Total Knee Arthroplasty for Other Indications



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 6: Revision Total Knee Arthroplasty

Revision Total Knee Arthroplasty: Evaluation

Bone Loss Classification

Revision Total Knee Arthroplasty: Surgical Planning Revision Total Knee Arthroplasty: Surgical Technique

Salvage Procedures and Failed Revision Total Knee Arthroplasty

Section 7: Complications After Total Knee Arthroplasty

Complications After Total Knee Arthroplasty: Intraoperative and Postoperative Periprosthetic Fracture

Complications After Total Knee Arthroplasty: Periprosthetic Joint Infections

Complications After Total Knee Arthroplasty: Intraoperative Injuries

Instability After Total Knee Arthroplasty

Complications After Total Knee Arthroplasty: Patellar Maltracking and Instability/Dislocation, Patellar Clunk, Extensor Mechanism Disruption Complications After Total Knee Arthroplasty: Other



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: General Principles

The Biology and Biomechanics of Grafts and Implants in Sports Medicine Surgery

Current Applications of Orthobiologic Agents

The Team Physician and the Ethics of Sports Medicine

Section 2: Medical Aspects of Sports Participation

Medical Aspects of Sports Participation: Cardiac Issues in Athletes

Concussion and Other Neurologic Injuries

Female Athlete Triad

Environmental Conditions: Heat-Related Illness

Infectious Disease in the Athlete

Medical Aspects of Sports Participation: Sports Nutrition

Sport Psychology

Strength Training and Conditioning in the Young Athlete

Section 3: Hip and Pelvis

Anatomy of the Hip

Physical Examination of the Hip

Imaging of the Hip and Pelvis

Athletic Hip Injuries

Hip Arthroscopy

Femoroacetabular Impingement Syndrome



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 4: Lower Extremity

Anatomy and Biomechanics of the Knee

Physical Examination of the Knee

Imaging of the Knee

Athletic Pubalgia and Core Muscle Injury

Muscle Injuries: Hip Abductor Tendon Injuries, Proximal Hamstring Injuries, and Rectus Femoris Avulsions

Knee Arthroscopy

Articular Cartilage Injury and Management

Nonarthroplasty Management of Knee Osteoarthritis

Extensor Mechanism Injuries

Meniscal Injuries

Patellofemoral Joint Disorders/Patellofemoral Instability

Ligamentous Injuries of the Knee: Collateral Ligament Injuries

Posterior Cruciate Ligament Injuries

Anterior Cruciate Ligament Injuries

Cruciate Ligament Injuries in the Skeletally Immature Athlete

Ligamentous Injuries of the Knee: Failed Anterior Cruciate Ligament

Surgery

Ligamentous Injuries of the Knee: Multiligamentous Knee Injuries

Anatomy of the Ankle for the Sports Medicine Surgeon

Physical Examination of the Foot and Ankle

Imaging of the Lower Extremity

Ankle Arthroscopy

Ankle and Foot Disorders in Athletes



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 5: Upper Extremity

Shoulder Anatomy and Function

Physical Examination of the Shoulder

Shoulder Arthroscopy

Elbow Arthroscopy

Athletic Injuries of the Hand and Wrist

Imaging of Shoulder Arthritis: Classification Schemes

Imaging of Rotator Cuff Disease

Imaging: Shoulder Instability

Rotator Cuff Disease: Natural History and Basic Science of Tendon Tears,

Repair, and Healing

Rotator Cuff Disease: Impingement Syndrome, Calcific Tendinitis,

Partial-Thickness Rotator Cuff Tears, and Full-Thickness Rotator Cuff Tear

Rotator Cuff Disease: Massive Rotator Cuff Tears and Tendon Transfer

Massive Rotator Cuff Tears and Superior Capsule Reconstruction

Massive Rotator Cuff Tears: Biologic Augmentation of Rotator Cuff Repair

Shoulder: Anterior Instability
Posterior Shoulder Instability

Shoulder Instability: Multidirectional Instability

Shoulder Instability: Assessment of Bone Loss and Instability

Shoulder Instability: Management of Bone Loss and Instability (overlap)

Shoulder Stiffness: Adhesive Capsulitis

Posttraumatic and Postoperative Shoulder Stiffness

Throwing Shoulder Injuries and Internal Impingement

SICK Scapula Syndrome

Throwing Shoulder Injuries: Superior Labrum Anterior to Posterior Tears and

Proximal Biceps Tendon Lesions

Acromioclavicular Joint Arthritis and Pathology

Throwing Elbow Injuries

Medial and Lateral Elbow Enthesopathy (Epicondylitis)

Shoulder Trauma: Scapular and Glenoid Fractures

Elbow Repair and Reconstruction: Distal Biceps and Triceps Tendon

Conditions



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 6: Rehabilitation

Rehabilitation of Rotator Cuff Disorders

Rehabilitation for Shoulder and Elbow Injuries in Overhead Athletes

Hip Rehabilitation

Anterior Cruciate Ligament Injury Prevention

Anterior Cruciate Ligament Rehabilitation

Section 7: Miscellaneous Topics

Cervical Spine Injuries and Disorders in Athletes

Lumbar Spine Injuries and Disorders in Athletes

Diagnostic Ultrasonography and Ultrasonographic-Guided Procedures

Chronic Exertional Compartment Syndrome

Stress Fractures



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: General Trauma

Biomechanics of Plates, Screws, Rods, and External Fixation

Venous Thromboembolic Disease

Osteoporosis and Pathologic Fractures

Evaluation of the Trauma Patient

Treatment of the Polytrauma Patient and Damage Control Orthopaedics

Psychosocial Aspects of Recovery After Trauma and Provider Wellness

Disaster and Mass Casualty Preparedness

Section 2: Soft-Tissue Injuries and Open Fractures

Gunshot Wounds

Outcomes of Musculoskeletal Trauma

Orthopaedic Fractures: Postoperative Management and Rehabilitation

Compartment Syndrome

Open Fractures

Soft-Tissue Injury and Open Fractures: Skin Grafts and Flaps

Mangled Extremity

Amputations in Trauma Patients

Section 3: Nonunions, Malunions, and Osteomyelitis

Nonunions

Malunions

Diagnosis and Management of Fracture-Related Infection

Section 4: Geriatric Trauma

Perioperative and Postoperative Considerations in Geriatric Patients

Geriatric Hip Fractures

Management of Osteoporotic Fractures

Management of Atypical Fractures

Periprosthetic Fractures Near Total Hip and Knee Arthroplasty Implants

Section 5: Rib Cage Fractures and Flail Chest

Rib Cage Fractures and Flail Chest



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 6: Upper Extremity Fractures

Fractures of the Humeral Shaft

Terrible Triad Injuries of the Elbow

Shoulder Trauma: Proximal Humerus Fractures

Clavicular Fractures

Shoulder Trauma: Scapular and Glenoid Fractures

Radial Head Fractures

Elbow Fractures: Olecranon

Distal Humerus Fractures

Fractures and Dislocations of the Hand and Digits

Fractures and Dislocations of the Carpus

Forearm Trauma and Diaphyseal Fractures

Distal Radius Fractures

Section 7: Pelvic, Acetabular, and Sacral Fractures

Pelvic Ring Fractures: Evaluation and Acute Management Pelvic Fractures: Definitive Management and Outcomes

Acetabular Fractures: Evaluation and Management

Acetabular Fractures: Definitive Management and Outcomes

Section 8: Hip Dislocations and Femoral Head Fractures

Hip Dislocations

Surgical Hip Dislocation

Femoral Head Fractures

Femoral Neck Fractures in Young Adults

Section 9: Femoral Shaft and Distal Femur Fractures

Proximal Third Femur Fractures

Femoral Shaft Fractures

Fractures of the Distal Femur

Section 10: Knee Dislocations and Patellar Fractures

Knee Dislocations

Patellar Fractures and Extensor Mechanism Injuries



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 11: Tibial Plateau and Tibial-Fibular Shaft Fractures

Tibial Plateau Fractures

Tibial Shaft Fractures

Section 12: Ankle and Tibial Plafond Fractures

Rotational Fractures of the Ankle

Tibial Plafond (Pilon) Fractures

Section 13: Foot Trauma

Fractures of the Talus: Foot Trauma

Fractures of the Calcaneus

Fractures of the Navicular Bone

Fractures of the Cuboid Bone

Midfoot Fractures: Tarsometatarsal (Lisfranc) Fracture-Dislocations

Fifth Metatarsal Fractures

Forefoot Trauma: Metatarsal and Phalangeal Fractures



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Introduction to Bone and Soft-Tissue Tumors

Presentation and Evaluation of Bone and Soft-Tissue Tumors

Imaging of Musculoskeletal Tumors

Musculoskeletal Tumor Biopsy

Molecular Biology

Grading of Tumors

Staging

Systemic Management of Bone Sarcomas

Systemic Management of Soft-Tissue Sarcoma

Radiation Therapy: Bone Sarcoma

Radiation Therapy: Soft-Tissue Sarcoma

Surgical Management of Soft-Tissue Sarcomas

Surgical Management of Benign Soft-Tissue Lesions

Overview and Management of Bone Tumors

Section 2: Soft-Tissue Sarcomas and Tumors

Soft-Tissue Sarcomas

Soft-Tissue Sarcoma Subtypes

Benign Soft-Tissue Tumors and Reactive Lesions

Section 3: Bone Tumors

Presentation of Bone Tumors

Bone-Producing Lesions

Nonosteoblastic Osteosarcoma

Chondrogenic Lesions

Ewing Sarcoma/Primitive Neuroectodermal Tumor

Fibrous/Histiocytic Tumors

Notochord and Miscellaneous Tumors

Benign Vascular Lesions and Bone Lymphangioma

Hematopoietic Bone Tumors

Tumors of Unknown Origin

Tumorlike Tumors and Pseudotumors

Section 4: Metastatic Bone Tumors

Pathophysiology of Bone Metastasis

Metastatic Bone Disease

Surgical Management of Upper Extremity Bone Metastases

Surgical Management of Lower Extremity Metastatic Disease

Surgical Management of Pelvic Metastatic Disease

Evaluation and Management of Spinal Metastases



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Basic Disciplines

Genetics, Gene Expression, and Epigenetics

Cell Biology, Cell Differentiation, and Skeletal Stem Cells

Structure, Function, and Biology of the Extracellular Matrix

Orthopaedic Biomaterials

Biomechanics

Developmental Biology of Musculoskeletal Tissues

Immunology and Inflammation

Cytokines

Stem Cells and Cell Therapy

Section 2: Structure and Function of Musculoskeletal Tissues

Bone Biology and Biomechanics

Articular Cartilage and Biomechanics

Biology and Biomechanics of the Meniscus and Labrum

Biology and Function of Nerve

Biology and Function of Skeletal Muscle

Synovial Joint Biology, Structure, Function, and Cross Talk

Tendon and Ligament Biology and Biomechanics

Section 3: Tissue Repair and Regeneration

Bone Healing and Bone Grafts

Cartilage Repair and Cartilage Grafts

Tendons and Ligaments

Meniscus

Hip Labrum

Skeletal Muscle

Peripheral Nervous System

Intervertebral Disk

Soft-Tissue Wounds

Orthopaedic Molecular and Cellular Biology, Genetics, and Immunology



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 4: Pathophysiology

Musculoskeletal Infections and Microbiology Basic Science

Venous Thromboembolic Disease

Osteoarthritis

Osteonecrosis

Metabolic Bone Diseases

Stress Fractures

Genetic Diseases of Musculoskeletal Tissues

Neuromuscular Diseases

Peripheral Nerve and Spinal Cord Pathophysiology

Sex Differences

Section 5: Clinical Study Considerations

Research Methodology and Study Design

Biostatistics

The Product Development Process from Discovery Through the FDA and Into the Clinic

Sex and Gender

Research Ethics



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: General Principles of the Shoulder

Shoulder Anatomy and Function

Physical Examination of the Shoulder

Imaging of Shoulder Arthritis: Classification Schemes

Imaging of Rotator Cuff Disease

Imaging: Shoulder Instability

Section 2: Rotator Cuff Disease

Rotator Cuff Disease: Natural History and Basic Science of Tendon Tears,

Repair, and Healing

Rotator Cuff Disease: Impingement Syndrome, Calcific Tendinitis,

Partial-Thickness Rotator Cuff Tears, and Full-Thickness Rotator Cuff Tear

(overlap)

Rotator Cuff Disease: Massive Rotator Cuff Tears and Tendon Transfer

Massive Rotator Cuff Tears and Superior Capsule Reconstruction

Massive Rotator Cuff Tears: Biologic Augmentation of Rotator Cuff Repair

Section 3: Shoulder Stiffness and Arthritis

Shoulder Stiffness: Adhesive Capsulitis

Posttraumatic and Postoperative Shoulder Stiffness

Acromioclavicular Joint Arthritis and Pathology

Shoulder Arthritis

Section 4: Rotator Cuff Arthropathy

Rotator Cuff Arthropathy: Basic Science Mechanical and Biologic Causes

Rotator Cuff Arthropathy: Reverse Shoulder Arthroplasty Design and

Biomechanics

Rotator Cuff Arthropathy: Reverse Shoulder Technique and Outcome

Section 5: Shoulder Instability, Superior Labrum Anterior to Posterior Tears, and Throwing Shoulder

Shoulder: Anterior Instability

Shoulder Instability: Multidirectional Instability

Shoulder Instability: Assessment of Bone Loss and Instability
Shoulder Instability: Management of Bone Loss and Instability

Throwing Shoulder Injuries and Internal Impingement

SICK Scapula Syndrome

Throwing Shoulder Injuries: Superior Labrum Anterior to Posterior Tears and

Proximal Biceps Tendon Lesions

Posterior Shoulder Instability



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 6: Shoulder Trauma

Shoulder Trauma: Proximal Humerus Fractures

Clavicular Fractures

Shoulder Trauma: Scapular and Glenoid Fractures

Shoulder Trauma: Sternoclavicular Joint Dislocation and Instability

Disorders of the Scapula

Traumatic Brachial Plexus Injuries: Shoulder Reconstruction

Shoulder Trauma: Acromioclavicular Joint Injuries

Section 7: General Principles of the Elbow

Elbow Anatomy and Function

Physical Examination of the Elbow

Imaging of the Elbow

Elbow Repair and Reconstruction: Distal Biceps and Triceps Tendon

Conditions

Distal Triceps Tendon Injuries

Section 8: Elbow Instability and Throwing Elbow

Throwing Elbow Injuries

Acute and Recurrent Elbow Instability

Elbow Instability: Lateral Collateral Ligament Complex Insufficiency

Medial Collateral Ligament Injuries

Medial and Lateral Elbow Enthesopathy (Epicondylitis) (overlap)

Section 9: Elbow Arthritis

Elbow Arthritis

Elbow Stiffness

Section 10: Elbow Fractures

Radial Head Fractures

Elbow Fractures: Olecranon

Distal Humerus Fractures



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Pain

Physical Examination and Anatomy of the Hand, Forearm, and Wrist

Osteoarthritis of the Wrist

Inflammatory Arthritis

Ulnar Impaction

Osteonecrosis: Priesier Disease and Kienböck Disease

Tendinopathy of the Hand and Wrist

Pain Associated With Ligamentous Laxity

Nonspecific Pain

Psychiatric Hand Disorders

Medial and Lateral Elbow Enthesopathy (Epicondylitis)

Congenital Upper Extremity Differences

Trapeziometacarpal Joint Arthritis

Section 2: Lumps and Deformities

Dupuytren Disease

Tumor and Tumor-like Conditions of the Hand and Wrist

Section 3: Objective Neuropathology

Carpal Tunnel Syndrome and Idiopathic Median Nerve Compression at the Carpal Tunnel

Idiopathic Ulnar Neuropathy at the Cubital Tunnel

Less Common Objectively Verifiable Peripheral Mononeuropathies

Hereditary Motor Sensory Neuropathy (Charcot-Marie-Tooth Disease)

Tetraplegia and Brain Injury



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 4: Hand, Wrist, and Elbow Injuries

Nerve Repair and Reconstruction

Hand and Wrist Flexor Tendon Repair and Reconstruction

Hand and Wrist Extensor Tendon Repair and Reconstruction

Burns and Frostbite, Fingertip and Nail Bed Injuries, and Injection and Extravasation Injuries

Soft-Tissue Coverage

Targeted Muscle Reinnervation and Prosthetics

Fractures and Dislocations of the Hand and Digits

Fractures and Dislocations of the Carpus

Forearm Trauma and Diaphyseal Fractures

Distal Radius Fractures

Compartment Syndrome

Elbow Repair and Reconstruction: Distal Biceps and Triceps Tendon Conditions

Section 5: Vascular Conditions

Acute and Chronic Vascular Disorders of the Hand and Wrist

Revascularization, Replantation, and Transplantation in the Upper Extremities

Section 6: Techniques

Hand Surgery Using Local Anesthesia With Epinephrine

Wrist and Hand Arthroscopy

Microsurgery Techniques



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Principles of Surgical Care

Patient Optimization

Safety, Infection Prevention, and Antibiotic Prophylaxis

Surgical Positioning and Monitoring

Tourniquets

Principles of Wound Closure

Opioids and Narcotic Analgesia

General Anesthesia

Regional Anesthesia

Local Anesthesia

Section 2: Principles of Imaging

Radiography and Fluoroscopy

Computed Tomography

Magnetic Resonance Imaging

Ultrasonography

Radiation Safety

Molecular Imaging

Imaging of Bone Mineral Density

Section 3: Practice Management

Contracts and Negotiations

Ancillary Partnerships and Income

Risk Management

Informed Consent

Leadership Development

Fundamentals of Performance and Process Improvement

Patient-Reported Outcome Measures

Cultural Competence

Medicolegal Issues

Billing and Coding

Workers' Compensation

Medical Ethics



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 4: Principles of General Management of Systemic Disease

Autoimmune Disease and Steroid Use

Diabetes Mellitus

Traumatic Brain Injury

Evaluation of the Orthopaedic Patient Undergoing Cancer Therapy

Venous Thromboembolic Disease

Osteoarthritis

Osteonecrosis

Metabolic Bone Diseases

Treatment of Geriatric Orthopaedic Patients



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: General Knowledge

Anatomy of the Spine

Physical Examination of the Spine

Imaging of the Spine

Nonsurgical Management of Spinal Disorders

Perioperative Issues

Section 2: Degenerative Cervical Spine Disorders

Cervical Radiculopathy

Cervical Myelopathy

Axial Neck Pain

Section 3: Degenerative Thoracic and Lumbar Spine Disorders

Disk Herniations/Herniated Nucleus Pulposus

Lumbar Spine Stenosis

Adult Isthmic Spondylolisthesis

Lumbar Degenerative Spondylolisthesis

Axial Back Pain

Sacroiliac-Mediated Pain

Thoracic Disk Herniations and Stenosis

Section 4: Spinal Deformity

Adult Thoracolumbar Spine Deformity: Sagittal Imbalance

Adult Spine Deformity Disease

Adult Cervical Deformity

Section 5: Spinal Tumors

Primary Bone Tumors of the Spine

Metastatic Bone Disease to the Spine

Section 6: Spinal Trauma

Spinal Evaluation of the Trauma Patient

Spinal Cord Injuries

Cervical Spine Fractures

Thoracic and Lumbar Fractures and Dislocations

Osteoporotic Vertebral Compression Fractures



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 7: Infection and Inflammatory Disorders

Spinal Infections

Postoperative Spine Infections
Inflammatory Spinal Arthritides

Section 8: Basic Science

Bone Healing, Bone Graft Materials, and Bone Graft Substitutes, Including Bone Morphogenetic Proteins

Intervertebral Disk



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Skeletal Growth and Development and Musculoskeletal Disorders and Syndromes

Growth and Embryology

Skeletal Dysplasias and Mucopolysaccharidoses

Connective Tissue Diseases

Other Conditions With Musculoskeletal Involvement

Section 2: Neuromuscular Disorders

Cerebral Palsy

Spinal Muscular Atrophy

Myelomeningocele

Arthrogryposis Multiplex Congenita

Muscular Dystrophies and Selected Neurodegenerative Conditions

Section 3: Musculoskeletal Infection and Inflammatory Conditions

Septic Arthritis

Pediatric Osteomyelitis

Complex Pediatric Musculoskeletal Infections

Lyme Disease and Inflammatory Arthritis

Section 4: Upper Extremity Congenital Disorders

Brachial Plexus Birth Injury

Congenital Upper Extremity Differences

Upper-Limb Deficiency and Prostheses

Section 5: Pediatric and Adolescent Hip Disorders

Developmental Dysplasia of the Hip

Slipped Capital Femoral Epiphysis and Femoroacetabular Impingement

The Pediatric Hip: Legg-Calvé-Perthes Disease

Section 6: Pediatric Foot Conditions

Clubfoot (Talipes Equinovarus)

Congenital Vertical Talus

Metatarsus Adductus and Calcaneovalgus Foot

Pediatric Foot Conditions



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 7: Pediatric Lower Extremity Deformities and Limb Deficiencies

Congenital Dislocation of the Knee and Patella

Rotational and Angular Limb Deformities

Pediatric Lower Extremity Deformities and Limb Deficiencies

Lower Extremity Deformity Analysis

Section 8: Musculoskeletal Conditions and Injuries in the Young Athlete

Ligament Injuries: Musculoskeletal Conditions and Injuries in the Young Athlete

Meniscal Tears and Discoid Meniscus

Osteochondritis Dissecans and Panner Disease

Patellofemoral Instability

Shoulder Instability

Foot and Ankle Sports Injuries in Pediatric Patients

Hip Conditions in the Young Athlete

Overuse Conditions

Section 9: Child Abuse, Pediatric Polytrauma, and Upper Extremity Injuries

Child Abuse (Nonaccidental Trauma)

Principles of Managing Pediatric Orthopaedic Injuries

Clavicular Fractures and Sternoclavicular and Acromioclavicular Injuries in the Pediatric Patient

Proximal Humerus Fractures and Humeral Shaft Fractures

Medial Epicondyle and Lateral Epicondyle Fractures

Proximal Radius Fractures

Nursemaids Elbow

Olecranon Fractures

Distal Humerus Physeal Fractures, Pediatric Polytrauma, and Upper Extremity Fractures

Diaphyseal Forearm Fractures, Distal Forearm Fractures, and Monteggia Fractures

Phalangeal, Metacarpal, and Carpal Fractures



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 10: Spine, Pelvic, and Lower Extremity Fractures

Pediatric Spine Trauma

Pelvic and Hip Injuries

Pediatric Femoral Shaft Fractures

Physeal Fractures of the Distal Femur

Patellar Fractures, Tibial Spine (Eminence) Fractures, Tibial and Fibular Fractures

Tibial and Fibular Fractures

Pediatric Foot and Ankle Trauma

Section 11: Pediatric Spine Conditions

Congenital Scoliosis and Early-Onset Scoliosis

Adolescent Idiopathic Scoliosis

Kyphosis

Neuromuscular Scoliosis

Pediatric Cervical Spine Abnormalities

Pediatric and Adolescent Back Pain: Pediatric Spine

Syndromic Scoliosis

Section 12: Bone Cysts, Tumors, and Hematologic Conditions

Bone Cysts and Benign Bone Neoplasms

Musculoskeletal Malignancies and Limb Salvage

Pediatric Hematologic Conditions



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE
SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 1: Ankle

Physical Examination of the Foot and Ankle

Stress Fractures of the Leg: Tibia and Fibula

Deltoid Ligament Instability Disease

Acute Lateral Ankle Instability

Syndesmotic Instability

Achilles Tendon Disorders

Inflammatory Arthritis

Degenerative Ankle Arthritis

Arthritides of the Ankle

Tendon and Muscle Disorders: Achilles Tendinopathy

Gastrocnemius Contracture

Peroneal Tendon Disorders

Tibialis Anterior Tendons Disorders

Neurogenic Conditions: Entrapment Neuropathy

Osteochondral Lesions of the Talus

Ankle Arthroscopy

Ankle Diabetes: Charcot Neuropathy Rotational Fractures of the Ankle Tibial Plafond (Pilon) Fractures

Section 2: Hindfoot

Plantar Fasciitis

Calcaneal Stress Fracture

Progressive Collapsing Foot Deformity (Adult-Acquired Flatfoot Deformity): Clinical and Radiographic Diagnosis

Hallux Rigidus

Posterior Tibial Tendon Disorders

Adult-Acquired Flatfoot Deformity: Diagnosis and Management

Cavovarus Foot Deformity

Cavovarus Foot Deformity: Nonsurgical Management Cavovarus Foot Deformity: Surgical Management

Arthritides of the Hindfoot

Fractures of the Talus: Foot Trauma

Fractures of the Calcaneus

Fractures of the Navicular Bone

Fractures of the Cuboid Bone



TABLE OF CONTENTS

Click on Section Title to View Content Detail

HIP AND KNEE

SPORTS MEDICINE

TRAUMA

ONCOLOGY

BASIC SCIENCE

SHOULDER AND ELBOW

HAND AND WRIST

GENERAL PRINCIPLES

SPINE

PEDIATRICS

FOOT AND ANKLE

Section 3: Midfoot

Midfoot Diabetes: Ulceration and Infection

Arthritides of the Midfoot

Midfoot Fractures: Tarsometatarsal (Lisfranc) Fracture-Dislocations

Section 4: Forefoot

Hallux Valgus: Disorders of the First Ray

Lesser Toe Pathology

Lesser Toe Pathology: Bunionette Deformity

Freiberg Infraction

Metatarsalgia

Forefoot Trauma

Fifth Metatarsal Fractures

Forefoot Trauma: Metatarsal and Phalangeal Fractures

Section 5: Other

Pedal Puncture Wounds

Systemic Conditions: Gout

Rheumatoid Arthritis

Systemic Conditions: Diabetic Foot and Ankle

Management of Systemic Conditions

Surgical Management of the Diabetic Foot

General Principles in Orthoses and Bracing

Complex Regional Pain Syndrome

Biomechanics/Gait: Effect of Ankle/Foot Malalignment

Venous Thromboembolic Disease