University of Minnesota Sports Medicine Fellowship Program Outline

Project Overview:

Twin Cities Sports Medicine Conference: Two minutes two slides two questions (Case report)
AMSSM: Research and/or Case Presentation
ACSM: Research and/or Case Presentation
Fellowship Research Publication
North Memorial Resident Lectures: 3-4 lectures per year 20-30 minutes
TCF Grand Rounds: 1 hour topic of choice
Fairview Southdale Grand Rounds: 1 hour topic of choice
Faculty Development Fellowship: Longitudinal curriculum with Capstone Poster Presentation
Peer teaching with PT residents: 20 minute presentation topic of choice
Quality Improvement Project
Journal Club at Southdale: 5-6 papers throughout the year
Duluth Grandma’s Race: Half marathon race plus end of year project review (15 minutes)
Optional Conference (eg international, topic of interest)

University of Minnesota Sports Medicine Fellowship: Year at a Glance

July

- Orientation
  - University of Minnesota
    - Sports Medicine Fellowship
      - Meet with Moira Novak, ATC, Director of Athletic Medicine
      - Meet with Clinic Director and Clinic Supervisor
  - Welcome party for new fellows and goodbye party for out-going fellows (usually 2nd or 3rd Sunday in July in the late afternoon or early evening).
- USA Soccer Cup Course: Attend lectures, teach at hands-on sessions and evaluate at testing stations (Wed-Friday)
- USA Soccer Cup Tournament: Provide care to athletes participating in the tournament, oversee medical students and residents working in the medical clinic at the US Soccer Cup in Blaine at the National Sports Center (Saturday & Sunday of the weekend tournament and then Tuesday-Saturday of the second tournament)
- Sports Medicine Research Methodology Lectures
  - Taught by Steven Stovitz, MD, MSCR, FACSM
- Three 3 hour sessions with Ortho Sports Fellow, and PT residents and others
- Hands-on Musculoskeletal Examination with the PTs
  - Usually 4-5 two hour sessions
- AMSSM National Fellows’ Conference
  - MSK Ultrasound Half day course
  - Sideline Trauma and Event Medicine Course
  - Leadership Conference
  - Research Conference
- Develop and implement research projects and begin writing background and methods section of journal article
- Teach 3rd & 4th year medical students MSK joint exams with Dr. Bill Knopp (occurs approximately every 4 weeks)
- AMSSM in training exam pre-test
- Plan Quality Improvement Projects

**August:**

- 6 week block rotations begin:
  - MSK Radiology
  - Primary Care Sports Medicine
- UM Gopher football summer camp starts in early August
- Fairview Sideline Course on Thursday, August 6th for half day in the morning
- Bethel University and University of St Thomas D3 training room clinics begin on Monday afternoons in mid-late August. St Kate’s athletes: PRN (Arrange with ATC directly)
- Hopkins and Burnsville High School training room clinics and football start in mid-late August
- Attend Twin Cities Marathon medical planning meetings
- Research: Continue implementation and data collection. First draft of background section and methods section. Writing seminars with faculty.
- High school PPEs at TRIA Orthopaedic Center
- TFC Sports Medicine Conference starts (4th Wednesday of the month 7:00-8:00 am at TCF Stadium)
- Begin to review fellowship applications

**September**

- Gopher football games, D3 football games and high school football games begin (late Aug-early Sept)
- First rotation switch (usually 2nd week of September)
- Medical coverage of the UM Roy Girak cross country invitational (usually last Saturday of September)
- AMSSM Young Investigator’s Grant submissions due usually around October 1st
- Fairview Sports Medicine Grand Rounds start (Wed 7:00-8:00 am at Fairview Southdale Hospital)
• TRIA Sports Medicine Conference starts (Tuesdays 7-8:00 am at TRIA Educational Center). Attendance is required if you are at a rotation clinic on Tuesday ams. Otherwise, you are welcome to attend any of the lectures as your schedule allows.
• Fellowship Applicant Interview Season begins (Wed mornings and afternoons).

October

• Twin Cities Sports Medicine Conference (all day Friday and half day on Saturday over the 1st weekend in October)
• Medical coverage of the Twin Cities Marathon on Sunday of the first weekend in October
• Switch rotations:
  o Orthopaedic Surgery Sports Medicine
  o Hip
• Football coverage continues
• Gopher women’s hockey game coverage begins (Oct-March)
• D3 hockey game coverage begins (Oct-Feb)
• AMSSM Foundation Research Grant Submissions due in early to mid-October
• First 3 month fellow evaluation

November

• November 1st is the deadline for ACSM case and research abstract submissions
• Mid November: AMSSM deadline for case submissions
• Football & hockey coverage continues
• D3 football playoffs (You will likely travel with your D3 team to play-offs which start in mid-November and end in mid-December depending on if your team advances)
• Minnesota State High School League sectional and state championships game coverage
• MN State High School Wrestling weight certifications (Tuesday evening of Thanksgiving weekend) in Eden Prairie.

December:

• Early December: AMSSM Research abstract submission deadline
• Match meeting for ranking of fellow applicants
• Advanced Team Physician Course: optional
  o May conflict with your D3 football team playoffs
• Switch rotations
• Gopher football bowl practices
• Gopher football bowl game (travel is not guaranteed)
• Fellow Focus group meeting with Joe Brocato, PhD to review the first 6 months of fellowship. This may be scheduled in January.
• No TCF lecture in December
January

- Teach UM Resident Basic Musculoskeletal Course (One fellow all day on a Thursday)
- Switch rotations
  - Shoulder
  - TRIA Acute Injury Clinic & Hand
- Second 3 months fellow evaluation
- Faculty Development Course starts (Jan-June 3rd Tuesday afternoon of the month)

February

- Help cover USA Pond Hockey Championships
- Cover MN High School Alpine and Nordic Skiing State Meet at Giants Ridge Ski Resort in Northern Minnesota
- Post season Gopher Women’s Hockey play begins near end of Feb
- AMSSM-ACSM Clinical Research Grant due (if submitting)
- Beer, Burgers and Bowling Social Event

March (AKA: March Medical Madness!)

- Post season women’s ice hockey coverage
- Help cover other post-season Gopher events
- Spring Football Coverage begins: usually two weeks before UM Spring break and 3 weeks after Spring Break. Off the week of Spring Break.
- Switch rotations

April

- American Medical Society for Sports Medicine Annual Meeting
  - Also attend Advanced Sports Ultrasound Preconference Course
  - Present either research and/or case
  - Attend a committee meeting of your choice
- Football Spring Game (Saturday)
- Current Concepts in Sports Medicine Conference in Edina, MN (Friday all day and ½ day on Saturday). This may be scheduled in early May instead of April.
- Switch rotations: Both fellows are on the Foot and Ankle Rotation

May

- American College of Sports Medicine Annual Meeting (Starts Tuesday/Wednesday of the week of Memorial Day and ends on Saturday at noon)
- Teach UM Resident Basic Musculoskeletal Course (One fellow all day on a Thursday)
- Possible softball and baseball post-season game coverage/travel
June

- Switch rotation
  - Elective rotation (4 weeks)
- Teach Procedures in Musculoskeletal Medicine to family medicine residents.
- Freshman Football PPES: mid-June Monday morning (early approx. 6:00 am) on the first day of the summer semester
- UM Department of Family Medicine & Community Service Graduation
- Grandma’s Marathon in Duluth (Friday educational half day and Saturday Marathon coverage): 3rd week in June
- Faculty Development Project Presentation (3rd Tuesday afternoon)
- Turn in Quality Improvement Projects
- Final fellow evaluation
- Finish fellowship

Other Important Activities:

Sports Medicine Grand Rounds & TCF Sports Medicine Lectures: You will each give one Sports Medicine Grand Rounds Lectures usually in the second half of the year and you will each coordinate and present at one TCF lecture.

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