



Orthopedic Sports Medicine

San Diego Medical Center

The Program

The program offers fellows advanced instruction in surgery of the shoulder and knee—two areas that are core to the fellows' experience. Fellows in this program are exposed to the full spectrum of cutting-edge techniques in the diagnosis and management of injuries of the shoulder and knee. In the knee, this includes techniques for repair and reconstruction of articular cartilage defects, meniscus, ligament and tendon injuries, as well as advanced techniques for reconstruction of the extensor mechanism. In the shoulder, we strive to achieve a well-balanced approach utilizing both open and arthroscopic techniques for the repair and reconstruction of soft tissue injuries and fractures of the shoulder girdle.

The fellowship derives its strength and direction from scholarly collaboration between faculty and fellows. As a fellow, you will have regular access to faculty without the need for individual rotations. This allows for a more

representative, diverse experience as well as the ability to participate in the full course of patient care from initial assessment to treatment plan, surgery, rehabilitation, and return to sport. The progression of autonomy in clinical and operative care for each fellow is determined jointly by faculty and the fellow as the year progresses, with advancement as deemed appropriate based on each fellow's capabilities.

The highest standards of ethical and professional conduct are expected of every person involved in this fellowship. Fellows are required to take the Sports medicine in-training examination.

Clinical Experiences and Rotations

During the first month, fellows follow staff closely in clinic and in the operating rooms. Fellows are observed in these settings to assess initial skill level and to develop a plan for the first quarter of their training. During this time, fellows

begin developing a panel of patients, some of whom will need surgery. Fellows are mentored in clinic and surgery during this period to help them assimilate all basic principles and techniques for knee and shoulder surgery.

Throughout the second quarter, fellows begin learning advanced techniques for arthroscopic and open knee and shoulder reconstruction. Opportunities will arise for management of elbow and ankle pathology in athletes; each such case will be treated with appropriate staff supervision.

In the third quarter fellows develop greater autonomy in operative and clinical care. During this time, fellows will perform reconstructive surgery with supervising faculty in an adjacent room, available for consultation on an as-needed basis.

The fourth quarter is devoted to fine-tuning the fellows' skills and working electively with non-faculty staff in preparation for the transition to practice beyond graduation.

Fellows are provided assistance by Physician Assistants/Nurse Practitioners, nurses, and office staffing equivalent to that of staff physicians. Extensive library support through full library staff, 24 hour library access and on-line resources. Collaboration with research facilities at Long Beach VA Medical Center, UC San Diego, Scripps Clinic and local cadaver lab facilities provided by Anthrex, DJ Ortho and Smith Nephew.



Unique Aspects to the Program

- Fellows develop a panel of patients, representing a broad spectrum of sports related conditions, for whom they are responsible throughout the fellowship year. The non-rotation based, year-long structure of the program provides continuity of clinical care and learning from training room and initial clinic evaluation, to surgical indication and treatment, through Post-Op rehabilitation and ultimate return to function.
- No night or weekend call.
- Team care at the high school and college level is provided in the training room and on the field in conjunction with fellowship staff physicians.
- In addition to the core curriculum, fellows may choose on an elective basis to work with fellowship-trained subspecialists in total joint replacement, foot and ankle, pediatrics, hand and trauma.

Sample Week Schedule:

- 1.5 days off per week for meetings with faculty, reading, preparation for evening team coverage, etc.
 - Monday OR
 - Tuesday OR
 - Wednesday OR or Clinic or 1/2 day off
 - Thursday 7 a.m. core sports teaching conference, 8 a.m. Radiology rounds/case presentations, Clinic or 1/2 day off
 - Friday: off
- Fall quarter:
 - Friday evening team coverage (high school football)
 - Sat AM: training room
 - Sat PM: College football team coverage

Research Opportunities

Fellows spend one to three half-days per week doing research, reading or preparing scholarly work for publication and/or presentation. Each fellow participates in discussions and preparation of written reviews of manuscripts and grant proposals with Dr. Fithian and Liz Paxton. Each fellow is expected to complete a research project or to participate in the preparation of a scholarly paper, according to his or her interest and abilities.



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