Sports Medicine
Fontana Medical Center

The Program
The Kaiser Permanente Sports Medicine Fellowship Program at Fontana Medical Center began in 1989. It is an experience for graduates of accredited residencies in family medicine, pediatrics, internal medicine, physical medicine and rehabilitation, or emergency medicine. The program is one year of concentrated training and education in the area of sports medicine, with a primary care as the emphasis. We accept three fellows each year.

The fellowship has three integrated areas of educational opportunity. Approximately 50 percent of the fellow’s time is spent in direct patient care within the context of sports medicine: managing a sports medicine referral clinic, participating in an ultrasound and injection clinic, running an acute sports medicine injury clinic, attending specialty clinics in Orthopedics; and acting as the team physician for a local high school and college.

Approximately 20 percent of the time is devoted to the fellow’s own continuity clinic maintaining his/her own identity as a primary care physician. The rest of the time will be spent on research activities, educational opportunities, and teaching responsibilities.

The year of fellowship training allows an individual who wishes extra training in sports medicine to further hone their skills and knowledge, while remaining committed to the principles of primary care and family medicine.

Goals & Objectives
The goal of the Kaiser Permanente Fellowship Program is to train primary care physicians in the care of active and athletic patients of all ages and levels, for injuries, illnesses, and other problems related to athletic activity. This includes treatment of medical conditions and injuries, not only arising from athletic endeavors, but that interfere with these activities. Prevention of injuries, illness, and diseases is also taught. The fellows are trained in exercise prescription and its relationship to health.

Much of this training occurs in the Sports Medicine Clinic via one-on-one teaching by the Sports Medicine Faculty. Fellows see and present patients to the faculty.
based at the clinic. Primary Sports medicine faculty are available at all clinics. Fellows work with orthopedic sports medicine consultants in sports medicine clinics and in orthopedic clinics.

**Facilities**
Kaiser Fontana Medical Center is comprised of a large Campus in Fontana, CA and eight satellite clinics. The main campus houses a 400-bed hospital—service a membership of around 600,000 members—family medicine center and residency, emergency department, and all major medical and surgical specialty clinics.

The medical center serves a diverse population in terms of gender, ethnicity and age. Any medical problem you could imagine presents at our facility.

Kaiser Permanente has a fully electronic medical record system, KP HealthConnect®. KP HealthConnect provides medical staff with same time information on patient medical and appointment history, lab results, prescriptions, and much more.

**Clinical Experiences & Rotations**
Most of the teaching is done by our Sports Medicine Faculty in our Sports Medicine and Injection clinics. Rotations are available in Radiology, Preventive Medicine/Nutrition, Cardiology/Exercise Testing, and Podiatry. Time is set aside in each schedule to allow the resident to participate in these rotations. There is also continued experience in each of these areas.

**Urgent Care/Trauma Clinic**
The fellow works in the Kaiser Permanente Urgent Care Clinic with Sports Medicine Faculty managing acute trauma including fractures, dislocations and lacerations.

**Radiology**
A Radiology rotation is available with radiologists at Kaiser Permanente. Clinically relevant radiology is taught in the sports medicine clinics with the sports medicine faculty and orthopedic surgeons. The fellows review plain radiography, CT, nuclear studies, and MRI on individual patients at each Sports Medicine Clinic.

An ultrasound workshop leads off the year with an ongoing curriculum throughout the year by ultrasound-trained sports medicine faculty. Ultrasound is available in all clinics.

**Podiatry**
Podiatry is taught by Sports Medicine faculty and podiatrists. Fellows become familiar with common foot and ankle problems and their treatment. Additional time is available during the orthopedic rotation.

**Cardiology**
The fellow supervises treadmills with trained nurse clinicians in the Cardiology Department. Discussion of Sports Medicine Cardiology concerns is always available with board certified cardiologists.

**Research Opportunities**
Fellows are required to complete a research project during the year. This is supervised by the faculty with funding available from the Kaiser Regional Research Fund. In house support in terms of study design, biostatistics, and manuscript editing is available to help fellows complete their project.

**Community Medicine**
A great deal of time learning Sports Medicine is done on the sidelines and in the training room. The schools chosen for fellows’ assignment are carefully selected from the large number of schools in the area. Each fellow is designated team physician at a high school and college under the guidance of faculty members.

Visit residency-scal-kaiserpermanente.org to learn more about salary & benefits, how to apply, our faculty & fellows, and past & current projects.