



Sports Medicine

Los Angeles Medical Center

The 465-bed Los Angeles Medical Center (LAMC) serves as a tertiary center for more than three million Kaiser Permanente members throughout Southern California. LAMC is one of the teaching hospitals of the University of California, Los Angeles (UCLA) Geffen School of Medicine, University of Southern California (USC) Keck School of Medicine and Kaiser Permanente (KP) Bernard J Tyson School of Medicine. Students and residents from UCLA, USC and KP rotate through our primary care, specialty, and subspecialty services.

Kaiser Permanente is among the nation's largest and most highly regarded managed care delivery organizations. As a member of our fellowship program, you will learn to practice cost-effective, yet caring medicine—an approach indispensable to providing quality health care in all future medical settings.

The Program

Through the Department of Family Medicine, this fellowship was created and established in 2002 in order to 1) meet the needs of our ever expanding active and athletic patient population, 2) expand the academic opportunities of our Family Medicine Residency Program, and 3) help meet our community's need for specialty trained Sports Medicine physicians.

Since 1998, athletes of all ages, skill levels and levels of participation have been evaluated and treated in our Sports Medicine consultation clinic. This variety serves as the foundation of clinical experience for the fellow.

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The full spectrum of Sports Medicine is emphasized. Exposure to all aspects of Sports Medicine, including Cardiovascular, Pulmonary, and Musculoskeletal Medicine is afforded the fellow, in addition to advanced, supervised procedural training. The fellow will serve as team physician for Marshall High School, Cathedral High School, California State University Los Angeles, Santa Monica College, Los Angeles Trade Technical College, and Occidental College. Alongside the faculty, the fellow serves as co-medical director of the Ironman California 70.3 Triathlon, Southern California Special Olympics and other Kaiser Permanente sponsored events.

These sites provide ample opportunity for large-scale pre-participation screening, training room clinic, and acute care for games and events. Academic instruction in Sports Medicine is provided by the fellowship's multi-disciplinary faculty through direct patient care, didactic lectures, conferences, and workshops. This program is fully accredited by the Accreditation Council for Graduate Medical Education (ACGME). Graduates of this one-year program are eligible to pursue a Certificate of Added Qualification (CAQ) in Sports Medicine.



July 2020

Program Highlights

- Fully accredited 12-month program. Successful completion qualifies graduate to take CAQ examination in Sports Medicine
- No overnight call; fully compliant with all duty hour regulations

Curriculum:

- Full spectrum of Sports Medicine including Pediatric and Adult Medicine, Nutrition, Exercise Physiology, Pharmacology, and Musculoskeletal Medicine
- Specialty rotations in Sports Cardiology, Podiatry, Physical Therapy, Ski Medicine (at Lake Tahoe), Private Practice Orthopedic Surgery Experience, Exercise Physiology labs experience, Ortho Hand Experience and Musculoskeletal Diagnostic Imaging
- Clinical encounters—approximately 90% Sports Medicine, 10% Primary Care
- Clinical sites—60% hospital/office, 30% training room and event, 10% didactics and research
- Required research project or equivalent scholarly activity with institutional support and funding
- Joint injection training
- Observation and assisting in orthopedic operating room
- Exposure to bracing, taping, and sport specific equipment use
- Deep tissue, manual techniques, and modalities of Physical Therapy
- Musculoskeletal ultrasound—Diagnostic and Interventional
- Pediatric fracture care
- Bicycle fitting and analysis
- Compartment pressure testing
- Community involvement and engagements



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