



**COLLEGE OF MEDICINE
AND LIFE SCIENCES**

THE UNIVERSITY OF TOLEDO

SPORTS MEDICINE FELLOWSHIP



Curriculum and Rotations

The University of Toledo Primary Care Sports Medicine Fellowship's curriculum is broad-based and established upon the guidelines set forth by the Accreditation Council for graduate Medical Education and has achieved osteopathic recognition. The established core curriculum provides the required breadth of knowledge, while remaining flexible to accommodate each incoming fellow's strengths and areas for growth.



Core Curriculum

- Spend two half-days (20%) per week in your primary care discipline arranged through Wildwood Family Physicians or ProMedica Toledo Hospital, based on your primary care specialty.
- Spend at least two half-days (20%) per week in the Sports Medicine Clinic exclusively treating sports medicine patients referred to the clinic. This experience also includes exposure to the full spectrum of athletes from children to the elderly.
- Serve as team physician for local high schools, providing side line coverage and supervising on site
- Assist with training room and event coverage for the Toledo Mud Hens professional baseball team, the Toledo Walleye professional hockey team and the University of Toledo Division I Athletic teams. Direct one-on-one supervision with both orthopaedic and primary care trained sports medicine physicians provides excellent hands-on exposure.
- Participate in a didactic lecture series presented by the fellowship's sports medicine faculty and specialists in fields.
- Prepare and present didactic lectures to athletic trainers, physical therapists, residents, staff and the public on topics ranging from on-field emergencies to rehabilitation of athletic injuries (typically four-six presentations over the course of the year).
- Provide coverage for community sporting events, as needed, including regular coverage of the Susan G. Komen Race for the Cure, Sylvania Pacesetter Soccer Tournament and Go the Distance Running School events. Other past events include the PGA Championship at Inverness Club in Toledo, Glass City Marathon, USTF 24-hour Run National Championship, the Toledo Senior Judo Championship and many more.
- Participate in a monthly journal club conducting reviews of recent pertinent literature and landmark research with primary care sports medicine faculty.
- Attend a monthly sports medicine radiology conference discussing cases submitted by the Sports Medicine Clinic and local physicians and presented by a musculoskeletal fellowship-trained radiologist to enhance your understanding of various imaging techniques.
- Give formal presentations at local, state and national sports medicine meetings.
- Conduct research – each fellow is required to prepare a minimum of one scientific paper or case suitable for presentation / publication during the fellowship year. The program director and faculty will provide you with the necessary support, guidance and resources in all phases of this effort.
- Assist with and perform ultrasound diagnostics and interventions/injections including Regenerative Medicine (Platelet Rich Plasma and stem cell)

Rotations

Although it is part of the core curriculum, the time spent in the following rotations is based on each fellow's background, clinical skills, academic strengths and weaknesses and areas of interest. Educational experiences are based on a longitudinal model with anticipated temporal overlap of the various rotations.

Sports Medicine Orthopaedics: Fellowship-trained sports medicine orthopaedic surgeons work with fellows in their private clinic(s), in the training room and in the operating room, as appropriate. Through hands-on instruction and direct observation, you will gain enhanced orthopaedic assessment skills, surgical knowledge and appropriateness of referrals. (1/2-1 day per week)

Exercise Physiology: An exercise physiologist is on staff for consultation or referral concerning sports-specific training regimens, wellness programming and training in conducting cardiac stress tests and fitness evaluations. Regularly scheduled exercise-physiology didactics.

Sports Nutrition: A registered dietician is available to provide dietary counseling and monitoring of sports medicine patients. Individual and group lectures are utilized as teaching aids.

Sports Psychology: A clinical psychologist is available as a consultant to evaluate and treat sports-related psychological disorders in conjunction with the referring fellow. Informal individual discussion and group lectures on specific topics serve as teaching methods.

Physical Therapy / Rehabilitation: An on-site sports medicine physical therapy clinic provides comprehensive evaluation, treatment and rehabilitation of athletic injuries and post-operative care. You will work directly with physical therapists and trainers to enhance your understanding of rehabilitation concepts, use of modalities, bracing/taping techniques and functional evaluation of athletes.

Ultrasound / PRP / Regenerative Medicine: Learn about and practice cutting-edge technology including musculoskeletal ultrasound, ultra-sound guided injection, platelet-rich plasma, and, stem cell treatments. (1/2 day per week)

