

## SPORTS MEDICINE AND ARTHROSCOPY FELLOWSHIP

### PROGRAM INFORMATION

The Sports Clinic Orthopaedic Medical Associates, Inc. offers a one-year fellowship in Arthroscopy and Sports Medicine, with a significant emphasis on shoulder disorders. The program was established in 1991 and runs for one year, from August 1 to July 31. The fellowship is in Laguna Hills, California (South Orange County) and the fellowship is conducted entirely in a private practice setting, under the direction of Wesley M. Nottage, M.D..

The primary goal of the Program is to provide the Fellow with advanced clinical skills in caring for patients and athletes and in non-surgical, surgical and arthroscopic surgical procedures, as well as to understand the judgment in when to and when not to operate.

The second goal is for the Fellow to develop and expand their skills in scientific research and contribute to the medical literature in our field of endeavor. The Fellow should complete scientific research project(s) in the area of orthopaedic sports medicine for presentation and publication.

The third goal is for the Fellow to expand his medical knowledge and practice-based learning through didactic conferences, both local and national, focused on orthopaedic sports medicine, and through individual case discussion, and appraisal of the management of patients encountered during the fellowship year.

The goals of the program include developing an understanding of sports injuries, the diagnostic and therapeutic choices for treatment and develop the necessary surgical and arthroscopic skills for treating these disorders. There is a distinct emphasis on shoulder surgery and arthroscopic shoulder surgical techniques, significantly more than most sports medicine programs.

The program provides an environment for the Fellow to mature as a professional and individual as they make the transition from Residency to practice. This includes maturation in professionalism, interpersonal and communication skills, and systems-based practice including understanding the management of an orthopaedic practice.

High school sports are covered all year round with an on-site clinic run by the fellow, as well as exposure to pre and post operative patients managed in the office setting. The case mix involves about 30% general Orthopaedic medicine, and 70% sports medicine with a heavy emphasis on shoulder disorders, including arthroscopic shoulder stabilization and arthroscopic rotator cuff repair. Special training is directed at learning worker's compensation case management and report content.

The areas covered in the fellowship include a weekly tutorial in MRI, participation in surgery two and a half days a week, and office assessment of patients two days of the week. There is a core curriculum lecture weekly lecture series, as well as regional meetings with the Southern California Fellowship Series. The annual surgical caseload approximates 350 cases a year.

The stipend includes malpractice insurance and health insurance and benefits, and currently is \$45,000 a year.

The fellowship also offers the participant a chance to attend multiple national meetings in arthroscopy and sports medicine, both in a teaching position and as a participant, in order to round out the fellow's exposure to current orthopaedic thinking. In general, the fellow will attend a minimum of eight national meetings concerning arthroscopic surgery and sports medicine topics.

This program offers the individual a unique opportunity to learn not just medicine, but to become involved in orthopaedic teaching, office operations, and to establish other professional relationships, which will continue past the fellowship year.

This program is AANA (Arthroscopy Association of North America) and ACGME Accredited for post graduate medical education.

Starting in the application year 2009, we are participating in the San Francisco Match, which has its own application process and ranking system. Please apply at : [http://www.sfmatch.org/fellowship/f\\_sports/index.htm](http://www.sfmatch.org/fellowship/f_sports/index.htm)