
CAQ in Podiatric Sports Medicine Examination Study Guide

Concepts in athletic medicine

- Growth, development and aging in athletes
- Understanding of podiatric relevance of sport specific* activities
- Conditioning, Training, and Injury Prevention
 - i. Strength training, endurance training, flexibility, overtraining
 - ii. Special considerations in the pediatric and elderly population
 - iii. Nutrition (including hydration, diet, weight management, supplements)
 - iv. Equipment for injury prevention

History and Physical Examination

- General sports physical
- Lower extremity musculoskeletal exam
- Biomechanics and pathomechanics
 - i. Gait analysis
- Trauma considerations
- Sport specific* assessment

Diagnostic testing

- Imaging
 - i. Including x-ray, bone scan, CT, MRI, ultrasound
- Physiologic
 - i. Including stress testing, EMG/NCV
- Laboratory testing
 - i. Including drugs of abuse and banned substances

Treatment of sports-related injuries and conditions

- Medical treatments
 - i. Including pharmacologic (i.e., analgesics, antibiotics, corticosteroids, NSAID/COX-2 inhibitors, viscosupplementation)
 - ii. Orthobiologics, including PRP, stem cells, etc.)

- Physical medicine
 - i. Modalities (i.e., cryotherapy, therapeutic ultrasound, electrical stimulation, shockwave)
 - ii. Closed reduction of fractures and dislocations
 - iii. Rehabilitation of sports injuries

- Casting, splinting, bracing, taping

- Orthotics and pedorthics
 - i. Biodynamics and biomechanical design concepts in sport specific athletic footwear
 - ii. Sport specific orthotic applications

Surgical treatment of the foot and ankle

- Trauma and elective surgeries - osseous and soft tissue
 1. Turf Toe
 2. Sesamoid injuries
 3. Lisfranc's injuries
 4. Navicular injuries, including stress fractures
 5. Ankle/ Talar dome OCD lesions
 6. Os trigonum injuries
 7. Peroneal tears, subluxation and Retinaculum injuries
 8. Achilles tendinopathy (Ruptures, tendinosis, paratendonosis, insertional calcinosis, etc.)
 9. High ankle sprains vs lateral ankle sprains
 10. Jones fractures
 11. Ankle & hindfoot fractures
 12. Cuboid subluxation
 13. Arthroscopy/endoscopy
 14. Posterior tibial reconstruction (including osteotomies)
 15. Cavus foot reconstruction including osteotomies

Pediatric Musculoskeletal Injuries and Conditions

- Apophyseal/epiphyseal fractures
- Osgood-Schlatter disease
- Sever's disease
- Sinding-Larsen-Johannson disease
- Iselin's disease
- Osteochondritis dessicans
- Freiberg's disease
- Kohler's disease

Emergency Assessment and Care

- Including anaphylaxis, cardiac arrest, cervical spine injury, concussion, hypo-hyperthermia

Role of the Team Podiatric Physician

- Including physician responsibility, liability, return to play, administrative responsibilities

Sport specific issues

- Track and field
- Basketball
- Football
- Soccer
- Baseball
- Volleyball
- Softball
- Tennis/Racquetball/Pickleball (Racquet Sports)
- Gymnastics
- Lacrosse
- Golf
- Field Hockey
- Ice Hockey