



*ABOS Orthopaedic Sports  
Medicine Subspecialty  
Examination, Orthopaedic  
Sports Medicine Combined  
Examination, and Orthopaedic  
Sports Medicine Practice  
Profiled Examination  
Blueprint*

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# ABOS Orthopaedic Sports Medicine Examination Blueprint

## Table of Contents

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<b>General Principles</b>	<b>4-8%</b>
Biostatistics/epidemiology	2-4%
Legal/ethical	1-2%
Basic Science Principles	1-2%
<b>Spine</b>	<b>2-6%</b>
Cervical	1-2%
Thoracic	1-2%
Lumbar	1-2%
<b>Upper Extremities</b>	<b>28-34%</b>
Clavicle	0.5-1%
Scapula	1-2%
Shoulder joint	12-16%
Humerus	0.5-1%
Elbow joint	3-7%
Radius/ulna	1-2%
Wrist joint	2-4%
Hand	2-4%
<b>Lower Extremities</b>	<b>40-46%</b>
Pelvis	0.5-1%
Hip joint	2-6%
Femur	0.5-1%
Knee joint	18-26%
Tibia/fibula	4-8%
Ankle joint	4-8%
Foot	2-6%
<b>Multiple Sites</b>	<b>13-17%</b>
Multiple trauma, nonorthopaedic	7-11%
Complications following surgical procedures	2-4%
Medical aspects of sports medicine	2-4%
Other	1-2%
<b>Neoplasms</b>	<b>0.5-1.5%</b>
Benign	
Malignant	

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<b><i>General Principles</i></b>	<b><i>4-8%</i></b>
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<b>Spine</b>	<b>2-6%</b>
<b>Cervical</b>	<b>1-2%</b>
<b>Thoracic</b>	<b>1-2%</b>
<b>Lumbar</b>	<b>1-2%</b>

<b>Upper Extremities</b>	<b>28-34%</b>
<b>Clavicle</b>	<b>0.5-1%</b>
<b>Scapula</b>	<b>1-2%</b>
<ul style="list-style-type: none"><li>• Fracture<ul style="list-style-type: none"><li>• Neuropathy/nerve injury</li><li>• Os acromiale</li><li>• Scapular dyskinesia</li></ul></li></ul>	
<b>Shoulder joint</b>	<b>12-16%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability</li><li>• Fracture</li><li>• Tendon/muscle<ul style="list-style-type: none"><li>• Tendinitis</li><li>• Tears</li></ul></li><li>• Cartilage<ul style="list-style-type: none"><li>• Labral Injuries</li><li>• Articular Injuries</li></ul></li><li>• Nerve injury/compression</li><li>• Brachial plexus (burner/stinger)</li><li>• Thoracic outlet</li><li>• Acromioclavicular<ul style="list-style-type: none"><li>• Dislocations/Instability</li></ul></li><li>• Tendon/muscle<ul style="list-style-type: none"><li>• Tendinitis</li><li>• Tears</li></ul></li><li>• Cartilage</li><li>• Sternoclavicular<ul style="list-style-type: none"><li>• Dislocations/Instability</li></ul></li></ul>	
<b>Humerus</b>	<b>0.5-1%</b>
<ul style="list-style-type: none"><li>• Fracture</li></ul>	

<b>Elbow joint</b>	<b>3-7%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability</li><li>• Fracture</li><li>• Cartilage<ul style="list-style-type: none"><li>• Panner disease</li><li>• Osteochondritis dissecans</li></ul></li><li>• Nerve injury/compression</li></ul>	
<b>Radius/ulna</b>	<b>1-2%</b>
<ul style="list-style-type: none"><li>• Fracture</li></ul>	
<b>Wrist joint</b>	<b>2-4%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability</li><li>• Nerve injury/compression</li></ul>	
<b>Hand</b>	<b>2-4%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability</li><li>• Fractures</li><li>• Tendon/muscle</li></ul>	

<b>Lower Extremities</b>	<b>40-46%</b>
<b>Pelvis</b>	<b>0.5-1%</b>
<ul style="list-style-type: none"><li>• Fractures</li><li>• Tendon/muscle</li><li>• Neuropathy/nerve injury</li></ul>	
<b>Hip joint</b>	<b>2-6%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability</li><li>• Fractures</li><li>• Tendon/tear</li><li>• Cartilage<ul style="list-style-type: none"><li>• Labral</li><li>• Articular</li></ul></li></ul>	
<b>Femur</b>	<b>0.5-1%</b>
<ul style="list-style-type: none"><li>• Fractures (subtrochanteric)</li><li>• Fractures (neck/head)</li><li>• Fractures (supracondylar, intercondylar, epiphyseal)</li><li>• Nerve injury/compression (including Compartment Syndrome)</li></ul>	
<b>Knee joint</b>	<b>18-26%</b>
<ul style="list-style-type: none"><li>• Dislocations/Instability<ul style="list-style-type: none"><li>• Anterior cruciate</li><li>• Medial collateral</li><li>• Posterior cruciate</li><li>• Posterolateral capsule</li><li>• Multiligament injury</li></ul></li><li>• Fracture</li><li>• Tendon/muscle</li><li>• Cartilage<ul style="list-style-type: none"><li>• Meniscal</li><li>• Articular</li><li>• Osteochondritis dissecans</li></ul></li></ul>	

- Osteonecrosis
- Osgood-Schlatter disease
- Patellofemoral
  - Dislocations/Instability
    - Patella alta
  - Fracture
    - Malunion/nonunion
    - Stress
  - Tendon/muscle
    - Tendinitis (quadriceps/patellar)
    - Tear (quadriceps/patellar)
  - Cartilage
    - Osteochondritis dissecans (chondromalacia)

**Tibia/fibula**

**4-8%**

- Fractures (plateau)
- Fractures (pilon)
- Nerve injury/compression (including Compartment Syndrome)

**Ankle joint**

**4-8%**

- Dislocations/Instability
  - Sprain
  - Syndesmotic injuries
- Fracture
  - With ligament injury
  - Without ligament injury
- Tendon/muscle
  - Achilles
  - Peroneal
  - Posterior tibial
- Cartilage



**Foot**

**2-6%**

- Dislocations/Instability
- Fracture
- Tendon/muscle
  - Tendinitis
  - Tears
  - Plantar fasciitis
- Cartilage

<b>Multiple Sites</b>	<b>13-17%</b>
<b>Multiple trauma, nonorthopaedic</b>	<b>2-4%</b>
<ul style="list-style-type: none"><li>• Pulmonary emboli</li><li>• Concussion/head injury</li><li>• Hemothorax</li><li>• Shock</li><li>• Pneumothorax</li></ul>	
<b>Complications following surgical procedures</b>	<b>2-4%</b>
<ul style="list-style-type: none"><li>• Thromboembolus</li><li>• Deep venous thrombosis</li><li>• Coagulopathy</li></ul>	
<b>Medical aspects of sports medicine</b>	<b>7-11%</b>
<ul style="list-style-type: none"><li>• Cardiology<ul style="list-style-type: none"><li>• Sudden cardiac death</li></ul></li><li>• Pulmonary<ul style="list-style-type: none"><li>• Asthma</li></ul></li><li>• Head and face<ul style="list-style-type: none"><li>• Concussion</li><li>• Injuries to eye, ear, mouth, face</li><li>• Congenital</li></ul></li><li>• Gastrointestinal</li><li>• Genitourinary</li><li>• Endocrine</li><li>• Skin</li><li>• Other<ul style="list-style-type: none"><li>• Environmental exposure (eg, heat illness)</li><li>• AV malformations</li><li>• Physiology</li></ul></li></ul>	

**Other**

**1-2%**

- Athletic, not elsewhere specified
- Overuse
- Cartilage
- Soft tissue, not elsewhere classified
- Physeal injuries and growth arrest
- Marfan syndrome
- Complex regional pain syndrome
- Multiple sites/systemic/other
- Chronic pain

<b>Neoplasms</b>	<b>0.5-1.5%</b>
<b>Benign</b>	
<b>Malignant</b>	