



*ABOS Orthopaedic Sports
Medicine Practice-Profiled
Recertification Examination
Blueprint*

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ABOS Orthopaedic Sports Medicine Practice-Profiled Recertification Examination Blueprint

Table of Contents

General Principles	4-8%
Biostatistics/epidemiology	2-4%
Legal/ethical	1-2%
Basic Science Principles	1-2%
Spine	2-6%
Cervical	1-2%
Thoracic	1-2%
Lumbar	1-2%
Upper Extremities	28-34%
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%
Lower Extremities	40-46%
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%
Multiple Sites	13-17%
Multiple trauma, nonorthopaedic	7-11%
Complications following surgical procedures	2-4%
Medical aspects of sports medicine	2-4%
Other	1-2%
Neoplasms	0.5-1.5%
Benign	
Malignant	

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<i>General Principles</i>	<i>4-8%</i>
Biostatistics/epidemiology	2-4%
Legal/ethical	1-2%
Basic Science Principles	1-2%

Spine	2-6%
Cervical	1-2%
Thoracic	1-2%
Lumbar	1-2%

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

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

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

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(continued)

- 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%
<ul style="list-style-type: none">• Dislocations/Instability• Fracture• Tendon/muscle<ul style="list-style-type: none">• Tendinitis• Tears• Plantar fasciitis• Cartilage	

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

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

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