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| **Orthopedic Masterclass Schedule** (OCS Fast Track)  ***Each week begins at 12:01am Wednesday and ends at 11:59pm the following Tuesday. All Assignments are due by the end of each week. All Live Masterclass sessions are on Tuesday’s from 12pm to 2pm EST. Each participant must contribute at least 2 posts to the discussion board (1 original post regarding their answer to the topic and 1 reply to another participants post)*** | | | | |
| **Date** | **Topic** | **Residents Assignment** | **Discussion Board Post** | **Learning Materials** |
| 2/7/2018 | Vascular and Peripheral Nerves | * Vascular and Peripheral Nerve Quiz | Your 55 year old patient presents with a foot ulcer. You immediately begin to recall the differentiation between a dysvascular and a neuropathic foot ulcer which are… | * **Lecture Video:** Vascular and Peripheral Nerve Review by Dr. Mark Powers   + 43 mins * **Reading Monolith (Optional)** |
| 2/14/2018 | Bone & Cartilage, Ligaments & Tendons | * Bone and Cartilage Quiz * Ligaments and Tendons Quiz * ISC Basic Sciences Evaluation   + 31\_YourLastName\_BasicSciencesEval\_Year | A 30 year old man sustains a crush injury to his foot. Fractures of the second and third metatarsal necks are treated by a short leg cast for 6 weeks. When seen 3 months after injury, he complains of persistent burning pain in the foot, and he is unable to bear weight. Radiographic films reveal healing of the fractures but marked osteoporosis of the entire foot. Describe the likely diagnosis, work up, and treatment. | * **Lecture Video:** Basic Science of Bone & Cartilage by Dr. Mark Powers   + 46 mins * **Lecture Video:** Basic Science of Ligaments and Tendons by Douglas Murray   + 40 mins * **Reading Monolith (Optional)** |
| **2/20/2018** | **Live Masterclass Session (covering 2/7, 2/15 content)** | | | |
| 2/21/2018 | Clinical Reasoning | * Clinical Reasoning and Evidence-Based Quiz | An active, healthy 67-year-old man sustains a humeral shaft fracture in a low-speed motor vehicle accident. He has no injuries other than this closed fracture. He is vascularly intact but has a complete motor and sensory radial nerve palsy. Does the nerve injury necessitate exploration and rigid stabilization of the fracture? | * **Lecture Video 1:** Clinical Reasoning by Dr. Lacey Cline * **Lecture Video 2:** Collecting Biomechanical Vital Signs by Dr. DuVall   + 13:50 * **Lecture Video 3:** 1st Order Clinical Decision Making by Dr. Mark Powers   + 2:34 * **Lecture Video 4:** Direct Access Trailer   + 2 * **Reading Monolith (Optional)** |
| **2/27/2018** | **Live Masterclass Session (covering 2/21 content)** | | | |
| **2/28/2018** | **Independent Study Course: Physical Therapists Guide to Direct Access by Dr. DuVall. Appx: 6.5 Hours** | | | |
| 3/7/2018 | Cervical Spine | * Cervical Spine Quiz | A 38 year old woman presents with a 6 month history of burning pain in the lateral brachium. She has no complaint of upper extremity weakness. Her symptoms arose following a motor vehicle accident. Radiographs obtained at that time revealed mild DJD of the cervical spine but no other abnormalities. What is the most likely segmental level of her symptoms? Also, by what means will you rule in radiculopathy? | * **Lecture Video 1:** Cervical Spine by Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 3/14/2018 | TMJ | * The TMJ Quiz | A 26 year old female complains of jaw pain and clicking upon opening. Briefly describe your treatment approach, including addressing etiological variables? | * **Lecture Video 1:** TMJ by Dr. Lacey Cline * **Lecture Video 2:** TMJ Assessment by Dr. Erson Religioso * **Reading Monolith (Optional)** |
| **3/20/2018** | **Live Masterclass Session (covering 3/7, 3/14 content)** | | | |
| **3/21/2018** | **Independent Study Course: Medical Screening & Differential Diagnosis with Dr. DuVall. Appx. 10 Hours** | | | |
| **3/28/2018** | **Cont. with above course** | | | |
| 4/4/2018 | The Shoulder | * Shoulder Quiz | A patient sustained an anterior dislocation of the shoulder which is easily reduced. After reduction, the patient is noted to have significant weakness in shoulder abduction. Sensation over the lateral aspect of the shoulder and arm is normal. The remainder of the neurovascular examination is negative and postreduction radiographs of the shoulder are negative. What is the likely cause of abduction weakness and show should this be managed? Also how does age relate to concomitant rotator cuff tear post anterior dislocation? | * **Lecture Video:** The Shoulder by Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 4/11/2018 | Post-Op Shoulder | * The Post-Operative Shoulder Quiz | A 22 year old college football lineman has had three episodes of traumatic anterior dislocation of the shoulder. The first occurred after trying to make an arm tackle 4 years ago. Upon physical examination, he has evidence of anterior instability of the shoulder. Radiographs of the shoulder are negative. How should this patient be managed? | * **Lecture Video:** Post-Operative Shoulder by Douglas Murray * **Reading Monolith (Optional)** |
| **4/17/2018** | **Live Masterclass Session (covering 4/17 content)** | | | |
| 4/18/2018 | The Elbow | * The Elbow Quiz | A patient is noted to have a 30 deg flexion contracture at the elbow 12 months after elbow dislocation. The patient has undergone extensive physical therapy including dynamic splinting prior to this time. How should management proceed? | * **Lecture Video:** The Elbow by Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 4/25/2018 | Wrist and Hand | * The Wrist and Hand Quiz | A 55 year old physical education teacher complains of dorsal radial wrist pain with numbness affecting the dorsal thumb, index, and long fingers. The symptoms do not waken the patient at night. They are intermittent but intense at times. Upon physical examination, the median nerve compression test (Phalen’s test) and Tinel’s over the median nerve from the elbow to the wrist were negative. Two-point discrimination was normal. The patient complained of shooting pains when the radial styloid was percussed. What is this patient’s diagnosis and how should he be treated? | * **Lecture Video:** The Wrist and Hand by Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 5/2/2018 | Post-Operative Wrist and Hand | * The Post-Operative Wrist and Hand Quiz | An 18 year old man sustained a deep laceration over his hypothenar area while fending off a knife attack. He underwent surgical repair of the ulnar artery and nerve just distal to the pisiform. How should he be managed? | * **Lecture Video:** Post-Operative Wrist and Hand w/ Dr. Jonathan Fass * **Reading Monolith (Optional)** |
| **5/8/2018** | **Live Session (covering 4/18 – 5/2 content)** | | | |
| 5/9/2018 | Lumbar Spine | * The Lumbar Spine Quiz | A 14 year old girl with 34 deg left lumbar scoliosis (Tanner stage IV) is referred. She is 18 months postmenarche. The spinal radiographs shows that she has a Risser stage IV curvature. How should she be treated? | * **Lecture Video:** Lumbar Spine w/ Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 5/16/2018 | SIJ | * The Pelvis and SIJ Quiz | A 25 year old female is left sided back pain is 8 months post partum. She describes burning pain in the TFL region and groin. By what means will you differentiate SIJ/Hip? | * **Lecture Video:** SIJ and Pelvis w/ Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 5/23/2018 | Post-Operative Lumbar Spine | * The Post-Operative Lumbar Spine Quiz | A 64 yr old patient, 8 years status post lumbar disc excision, shows lumbar spondylosis on plain radiographs. Clinical symptoms include radicular pain and decreased hallucis longus muscle strength. What is her differential diagnosis? | * **Lecture Video:** Post-Operative Lumbar Spine w/ Dr. Jonathan Fass * **Reading Monolith (Optional)** |
| **5/29/2018** | **Live Masterclass Session (covering 5-9 – 5/23 content)** | | | |
| 5/30/2018 | Week Off | | | |
| 6/6/2018 | The Hip | * The Hip Quiz | A 62 year old overweight individual complains of right groin pain with ambulation. Radiographic films demonstrate degenerative arthritis of the hip. What nonoperative measures might be considered before performing a total joint replacement? | * **Lecture Video:** The Hip w/ Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 6/13/2018 | Post-Operative Hip | * The Post-Operative Hip Quiz | A 26 year old heavy laborer has extensive posttraumatic hip arthritis and concentric joint space loss. He has failed nonoperative therapy and would like to proceed with operative therapy. He would like to continue in his current occupation after the procedure. What surgical option is best. | * **Lecture Video:** Post-Operative Hip w/ Dr. Jonathan Fass * **Reading Monolith (Optional)** |
| **6/19/2018** | **Live Masterclass Session (covering 6/6 – 6/13 content)** | | | |
| 6/20/2018 | The Knee  & Midterm Week | * The Knee Quiz | An 18 year old man has had recurrent locking of the knee. He has a history of previous patellar dislocations. What is the most likely diagnosis and how should he be treated? | * **Lecture Video:** The Knee w/ Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 6/27/2018 | Post-Operative Knee | * The Post-Operative Knee Quiz | 55 year old male with report of right medial knee pain. Had meniscus arthroscopy 1 year ago and still feels same pain. PROM of knee is full and painless with overpressure. Pain occurs going up stairs only. What is your movement hypothesis? | * **Lecture Video:** Post-Operative Knee w/ Dr. Jonathan Fass * **Reading Monolith (Optional)** |
| 7/2/2018 | Week Off | | | |
| **7/10/2018** | **Live Masterclass Session (covering 6/20-6/27 content)** | | | |
| 7/11/2018 | The Foot and Ankle | * + The Foot and Ankle Quiz | A 25 year old woman complains of frequent ankle sprains and pain beneath the balls of her feet. She recalls that her mother complained of similar symptoms. Examination reveals bilaterally elevated arches, clawing of toes, and mild atrophy of the calves. Describe the most likely diagnosis. | * **Lecture Video:** The Foot and Ankle Quiz w/ Dr. Lacey Cline * **Reading Monolith (Optional)** |
| 7/18/2018 | Post-Operative Foot and Ankle | * The Post-Operative Foot and Ankle Quiz * Current Concepts of Orthopedics Evaluation   + 32\_YourLastName\_CurrentConceptsEval\_Year * Post-Surgical Orthopedics Evaluation   + 33\_YourLastName\_PostSurgEval\_Year | Your new patient history and surgeon referral states monarticular end-stage arthritis of the ankle joint in a 35 year old laborer. What can you expect the type of surgery to be and ROM? | * **Lecture Video:** Post-Operative Foot and Ankle w/ Dr. Jonathan Fass * **Reading Monolith (Optional)** |
| **7/24/2018** | **Live Masterclass Session (covering 7/11 – 7/18 content)** | | | |
| 7/25/2018 | Pharmacology | * Principles of Pharmacology Quiz * Principles of Pharmacology Evaluation   + 34\_YourLastName\_PharmEval\_Year | A 42 year old woman with severe asthma has been on and off corticosteroids for many years. Her current dosage is 60 mg of prednisone per day, but she assures you that the dose is being tapered and she should be off the drug soon. What would you expect her bone mineral density to show? | * **Reading Monolith (Required)** |
| 8/1/2018 | Radiology | * Musculoskeletal Imaging Quiz * Diagnostic Imaging Evaluation   + 35\_YourLastName\_DiagnosticEval\_Year | An 11 year old (Tanner stage II) boy is referred for evaluation of a spinal deformity. He has had no prior radiographs. A radiograph on the day of the clinic visit demonstrates a 31 deg thoracic scoliosis. How should he be treated? | * **Reading Monolith (Required)** |
| 8/8/2018 | Statistics |  |  | * **Lecture Video:** Understanding Statistics w/ Dr. Drew Ball |
| **8/14/2018** | **Live Masterclass Session (covering 7/25 – 8/8 content)** | | | |
| **OCS Crunch Sessions:**  These final sessions will help you review all materials in preparation for the OCS exam. | | | | |
| **Date** | **Topic** | **Assignment** | **Discussion Board Post** | **Learning Materials** |
| 9/5/2018 | Test Overview |  | Post 2 sample questions for other participants to answer on the discussion forum | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| `9/12/2018 | Lower Extremity |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| 9/19/2018 | Lumbar Spine and Pelvis |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| 9/26/2018 | Imaging and Pharmacology |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| **10/2/2018** | **Live Masterclass Session (covering 9/5 – 9/26)** | | | |
| 10/3/2018 | The Basic Sciences |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| 10/10/2018 | The UE |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| 10/17/2018 | Complex Cases |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| 10/24/2018 | Cervical and Thoracic Spine |  |  | * **Lecture Video:** OCS Crunch w/ Dr. Heather Jennings |
| **10/30/2018** | **Live Masterclass Session (covering 10/3 – 10/24)** | | | |
| **10/31/2018** | **Independent Study Course: Triage of the UE and Cervical Spine with Dr. DuVall. Appx. 10 Hours** | | | |
| **11/7/2018** | **Independent Study Course: Triage of the LE and Lumbar Spine with Dr. DuVall. Appx. 10 Hours** | | | |
| **11/14/2018** | **Take DAC Exam** | | | |