



2020 ABOS Breakdown

| | Max % | Qs |
|---|-------|------|
| Bones 13-27% | | |
| Biostatistics/epidemiology 1-2% | 2% | 3 |
| Hand fracture 4-6% | 6% | 9 |
| Forearm fracture 0.5-1.5% | 1.50% | 2.25 |
| Distal radius fracture 2-4% | 4% | 6 |
| Carpal fracture 1-3% | 3% | 4.5 |
| Malunion/nonunion 1-3% | | |
| bone grafting | 1.50% | 2.25 |
| osteotomy | 1.50% | 2.25 |
| Infection/osteonecrosis 1-3% | 3% | 4.5 |
| Physeal/growth plate 0.5-1.5% | 1.50% | 2.25 |
| Anatomy/physiology/metabolic/biomechanics 3-5% | | |
| osteoporosis | 1.60% | 2.4 |
| bone healing | 1.60% | 2.4 |
| bone graft | 1.60% | 2.4 |
| Joint/Ligament 14-26% | | |
| Acute dislocations and fracture dislocations 3-5% | | |
| wrist | 1.60% | 2.4 |
| carpus | 1.60% | 2.4 |
| hand | 1.60% | 2.4 |
| Infection 0.5-1.5% | 1.50% | 2.25 |
| Degenerative and posttraumatic arthritis 4-6% | | |
| wrist and carpometacarpal | 1.50% | 2.25 |
| metacarpophalangeal proximal | 1.50% | 2.25 |
| interphalangeal distal | 1.50% | 2.25 |
| interphalangeal joints | 1.50% | 2.25 |
| Joint contractures/stiffness 0.5-1.5% | | |
| heterotopic ossification of the elbow | 1.50% | 2.25 |
| Inflammatory arthritis 2-4% | | |
| rheumatoid | 0.6% | 0.9 |
| crystalline deposits | 0.6% | 0.9 |
| medical management | 0.6% | 0.9 |
| systemic lupus erythem | 0.6% | 0.9 |
| psoriatic | 0.6% | 0.9 |
| scleroderma | 0.6% | 0.9 |
| Ligament injury/instability 3-5% | | |
| distal radioulnar joint/triangular fibrocartilage complex | 1.50% | 1.5 |
| carpus | 1.0% | 1.5 |
| thumb | 1.0% | 1.5 |
| metacarpophalangeal jc | 1.0% | 1.5 |
| proximal interphalange: | 1.0% | 1.5 |
| Anatomy 1-3% | 3% | 4.5 |
| Muscle/Tendon 8-18% | | |
| Flexor tendon injuries/reconstruction 2-4% | 4% | 6 |
| Extensor tendon injuries/reconstruction 2-4% | 4% | 6 |
| Compartment syndrome/Volkmann ischemic contracture 0.5-1.5% | 1.50% | 2.25 |
| Tendinosis/tendinopathies 2-4% | | |
| lateral epicondylitis | 0.80% | 1.2 |
| medial epicondylitis | 0.80% | 1.2 |
| De Quervain tenosynov | 0.80% | 1.2 |
| intersection syndrome | 0.80% | 1.2 |
| stenosing tenosynovitis | 0.80% | 1.2 |
| Infection 0.5-1.5% | | |
| chronic | 0.38% | 0.5 |
| acute | 0.38% | 0.5 |
| mycobacterial | 0.38% | 0.5 |
| fungal | 0.38% | 0.5 |
| Anatomy/physiology/biomechanics 1-3% | 3% | 4.5 |
| Nerve 10-20% | | |
| Acute nerve injury 2-4% | | |
| nerve repair | 1.30% | 1.95 |
| grafting | 1.30% | 1.95 |
| nerve transfer | 1.30% | 1.95 |
| Radial, median, ulnar nerve tendon transfers 1-2% | 2% | 3 |
| Chronic nerve injury 1-2% | | |
| neuroma | 1% | 1.5 |
| complex regional pain s | 1% | 1.5 |
| Compression neuropathies 4-6% | | |

Topics Covered From Orthobullets in Study Plan

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| Evaluation, Resuscitation & DCO |
| Open Fractures Management |
| Gun Shot Wounds |
| Amputations |
| Domestic and Elder Abuse |
| Pediatric Abuse |
| Hand & Forearm Compartment Syndrome |
| Osteomyelitis - Adult |
| Septic Arthritis - Adult |
| Wound & Hardware Infection |
| Necrotizing Fasciitis |
| Brachial Plexus Injuries |
| Lyme Disease |
| Clavicle Shaft Fractures |
| Distal Third Clavicle Fractures |
| Proximal Humerus Fractures |
| Humeral Shaft Fracture |
| Distal Humerus Fractures |
| Elbow Dislocation |
| Radial Head Fractures |
| Coronoid Fractures |
| Terrible Triad Injury of Elbow |
| Olecranon Fractures |
| Capitellum Fractures |
| Monteggia Fractures |
| Radius and Ulnar Shaft Fractures |
| Radioulnar Synostosis |
| Distal Radius Fractures |
| Distal Radial Ulnar Joint (DRUJ) Injuries |
| Galeazzi Fractures |
| Flexor Tendon Injuries |
| Jersey Finger |
| Extensor Tendon Injuries |
| Mallet Finger |
| Sagittal Band Rupture (traumatic extensor tendon dislocation) |
| Scaphoid Fracture |
| Lunate Dislocation (Perilunate dissociation) |
| Hook of Hamate Fracture |
| Hamate Body Fracture |
| Pisiform Fracture |
| TFCC Injury |
| Metacarpal Fractures |
| MCP Dislocations |
| Phalanx Fractures |
| Phalanx Dislocations |
| Digital Collateral Ligament Injury |
| Base of Thumb Fractures |
| Thumb CMC dislocation |
| Thumb Collateral Ligament Injury |
| Paronychia |
| Felon |
| Pyogenic Flexor Tenosynovitis |
| Deep Space & Collar Button Infections |
| Herpetic Whitlow |
| Atypical Mycobacterium Infections |
| Fungal Infections |
| Human Bite |
| Dog and Cat Bites |
| Nail Bed Injury |
| High-Pressure Injection Injuries |
| Frostbite |
| Cervical Myelopathy |
| Cervical Radiculopathy |
| Rheumatoid Cervical Spondylitis |
| DISH (Diffuse Idiopathic Skeletal Hyperostosis) |
| Ankylosing Spondylitis |
| Lumbar Disc Herniation |
| Lumbar Spinal Stenosis |
| Degenerative Spondylolisthesis |

| | | | | |
|--|--------------------------|-------|-------|--|
| | median | 2% | 3 | Adult Pyogenic Vertebral Osteomyelitis |
| | ulnar | 2% | 3 | Pediatric Spondylolisthesis & Spondylolysis |
| | radial | 2% | 3 | Adolescent idiopathic Scoliosis |
| Anatomy/physiology 1-3% | | | | Neuromuscular scoliosis |
| | EMG | 1.50% | 2.25 | Congenital Scoliosis |
| Neuromuscular 0.5-1.5% | variants | 1.50% | 2.25 | Scheuermann's Kyphosis |
| | stroke | 0.25% | 0.375 | Congenital Muscular Torticollis |
| | cerebral palsy | 0.25% | 0.375 | Glenohumeral Joint Anatomy, Stabilizer, and Biomechanics |
| | traumatic brain injury | 0.25% | 0.375 | Subacromial Impingement |
| | tetraplegia | 0.25% | 0.375 | Rotator Cuff Tears |
| | Charcot-Marie-Tooth | 0.25% | 0.375 | Rotator Cuff Arthropathy |
| | amyotrophic lateral scl | 0.25% | 0.375 | Acromio-Clavicular Injuries (AC Separation) |
| Brachial plexus 0.5-1.5% | | | | Traumatic Anterior Shoulder Instability (TUBS) |
| | pediatric | 0.38% | 0.57 | Posterior Shoulder Instability & Dislocation |
| | adult | 0.38% | 0.57 | Multidirectional Shoulder Instability (MDI) |
| | anatomy | 0.38% | 0.57 | Posterior Labral Tear |
| | neuritis | 0.38% | 0.57 | Glenohumeral Arthritis |
| Circulatory system 4-10% | | | | AC Arthritis |
| | | | | Adhesive Capsulitis (Frozen Shoulder) |
| Anatomy/physiology 0.5-1.5% | | 1.50% | 2.25 | Avascular Necrosis of the Shoulder |
| Revascularization/replantation 1-3% | | 3% | 4.5 | Suprascapular Neuropathy |
| Vasospastic disease and chronic ischemia 1-3% | | 3% | 4.5 | Scapular Winging |
| Thrombosis/embolism/aneurysm 0.5-1.5% | | 1.50% | 2.25 | Brachial Neuritis (Parsonage-Turner Syndrome) |
| Vascular malformations 0.5-1.5% | | 1.50% | 2.25 | Thoracic Outlet Syndrome |
| Skin/fascia/nails 6-18% | | | | Quadrilateral Space Syndrome |
| Fingertip/nailbed trauma 1-3% | | 3% | 4.5 | Pectoralis Major Rupture |
| Coverage 2-4% | | | | Triceps Rupture |
| | grafts | 1% | 1.5 | Elbow Anatomy & Biomechanics |
| | flaps | 1% | 1.5 | Medial Ulnar Collateral Ligament Injury (Valgus Instability) |
| | negative pressure wour | 1% | 1.5 | Lateral Ulnar Collateral Ligament Injury (PLRI) |
| | dermal skin substitutes | 1% | 1.5 | Valgus Extension Overload (Pitcher's Elbow) |
| Frostbite/burns 0.5-1.5% | | | | Distal Biceps Avulsion |
| | electrical | 0.50% | 0.75 | Lateral Epicondylitis (Tennis Elbow) |
| | chemical | 0.50% | 0.75 | Medial Epicondylitis (Golfer's Elbow) |
| | thermal | 0.50% | 0.75 | Elbow Arthritis |
| Infection 1-3% | | | | Osteochondritis Dissecans of Elbow |
| | bites | 0.40% | 0.6 | Little League Elbow |
| | envenomation | 0.40% | 0.6 | Olecranon Stress Fracture |
| | necrotizing fasciitis | 0.40% | 0.6 | Elbow Stiffness and Contractures |
| | fungal | 0.40% | 0.6 | Elbow Arthroscopy |
| | viral | 0.40% | 0.6 | Elbow Total Arthroplasty |
| | surgical site infection | 0.40% | 0.6 | Bone Cells |
| | olecranon bursitis | 0.40% | 0.6 | Bone Signaling & RANKL |
| Injection/extravasation injuries 0.5-1.5% | | 1.50% | 2.25 | Embryology |
| Anatomy/physiology/wound healing 0.5-1.5% | | 1.50% | 2.25 | Fracture Healing |
| Dupuytren disease/contracture 1-3% | | 3% | 4.5 | Bone Grafting |
| General principles/other 7-19% | | | | Articular Cartilage |
| Ethics 1-3% | | | | Material Properties |
| | professionalism | 0.38% | 0.57 | Orthopaedic Implants |
| | consent/communicator | 0.38% | 0.57 | Rehab & Prosthetics |
| | cultural competence | 0.38% | 0.57 | Osteopenia & Osteoporosis |
| | diversity | 0.38% | 0.57 | Osteomalacia |
| | billing | 0.38% | 0.57 | Gout |
| | death/dying | 0.38% | 0.57 | Pseudogout (CPPD) |
| | durable power of attorn | 0.38% | 0.57 | Psoriatic Arthritis |
| | doctor-patient relations | 0.38% | 0.57 | Thromboembolism (PE & DVT) |
| Pain management 1-3% | | | | Anticoagulation |
| | opioid management | 1% | 1.5 | Complex Regional Pain Syndrome (CRPS) |
| | anesthesia | 1% | 1.5 | Rheumatoid Arthritis |
| | pain syndromes | 1% | 1.5 | Bisphosphonates |
| Prosthetics/rehabilitation 0.5-1.5% | | | | Prophylaxis Antibiotics |
| | adult | 0.75% | 1.125 | Antibiotic Classification & Mechanism |
| | pediatric | 0.75% | 1.125 | Anti-inflammatory Medications |
| Patient/physician safety 0.5-1.5% | | | | Anesthesia |
| | deep vein thrombosis | 0.75% | 1.125 | Statistic Definitions |
| | coagulopathy | 0.75% | 1.125 | Level of Evidence |
| Benign 1-3% | | | | Clinical Trial Design |
| | ganglion | 0.50% | 0.75 | Legal and Ethics |
| | giant cell | 0.50% | 0.75 | Ganglion Cysts |
| | lipoma | 0.50% | 0.75 | Epidermal Inclusion Cyst |
| | inclusion cyst | 0.50% | 0.75 | Anomalous Extensor Tendon |

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|---|--------------------------------------|--------------|--------------|
| | osteochondroma | 0.50% | 0.75 |
| | enchondroma | 0.50% | 0.75 |
| Skin tumors 0.5-1.5% | | 1.50% | 2.25 |
| Metastatic and sarcoma 0.5-1.5% | | 1.50% | 2.25 |
| Hand plate 1-2% | | | |
| | trigger thumb | 0.30% | 0.45 |
| | camptodactyly | 0.30% | 0.45 |
| | clinodactyly | 0.30% | 0.45 |
| | syndactyly | 0.30% | 0.45 |
| | polydactyly | 0.30% | 0.45 |
| | sybrachydactyly | 0.30% | 0.45 |
| Radial/thumb deficiency 0.5-1.5% | | | |
| | absent disorders | 0.75% | 1.125 |
| | hypoplastic disorders | 0.75% | 1.125 |
| Common syndromes 0-1% | | | |
| | multiple hereditary exostoses | 0.16% | 0.24 |
| | constriction band syndrome | 0.16% | 0.24 |
| | Madelung | 0.16% | 0.24 |
| | Apert | 0.16% | 0.24 |
| | Poland | 0.16% | 0.24 |
| | Down syndromes | 0.16% | 0.24 |

Giant Cell Tumor of Tendon Sheath
Actinic Keratosis
Epithelioid Sarcoma
Melanoma
Squamous Cell Carcinoma
Basal Cell Carcinoma
Glomus Tumor
Aneurysmal Bone Cyst
Enchondroma
Osteomalacia
Chondrosarcoma
Metastatic Disease of Extremity
Soft tissue sarcoma
Osteochondroma & Multiple Hereditary Exostosis
Unicameral Bone Cyst
Aneurysmal Bone Cyst
Giant Cell Tumor
Pigmented Villonodular Synovitis
Synovial Chondromatosis
Multiple Sclerosis
Spinal Muscular Atrophy
Amyotrophic Lateral Sclerosis (ALS)
Systemic Lupus Erythematosus (SLE)
Fingertip Amputations & Finger Flaps
Ring Avulsion Injuries
Replantation
Thumb Reconstruction
Peripheral Nerves Injury & Repair
Extremity Flap Reconstruction
Skin Grafting
Tendon Transfer Principles
Carpal Tunnel Syndrome
AIN Compressive Neuropathy
Pronator Syndrome
Cubital Tunnel Syndrome
Ulnar Tunnel Syndrome
PIN Compression Syndrome
Radial Tunnel Syndrome
Wartenberg's Syndrome
Nerve Conduction Studies
Hypothenar Hammer Syndrome
Raynaud's Syndrome
Thromboangiitis Obliterans (Buerger's disease)
Digital Artery Aneurysm
Split Nail Deformity
Hook Nail Deformity
Supracondylar Fracture - Pediatric
Medial Epicondylar Fractures - Pediatric
Lateral Condyle Fracture - Pediatric
Olecranon Fractures - Pediatric
Radial Head and Neck Fractures - Pediatric
Elbow Dislocation - Pediatric
Both Bone Forearm Fracture - Pediatric
Distal Radius Fractures - Pediatric
Monteggia Fracture - Pediatric
Galeazzi Fracture - Pediatric
Sprengel's Deformity
Congenital Amputations
Cerebral Palsy - General
Cerebral Palsy - Upper Extremity Disorders
Myelodysplasia (myelomeningocele, spinal bifida)
Arthrogryposis
Diastrophic Dysplasia
Osteogenesis Imperfecta
Congenital Pseudoarthrosis of Clavicle Clubfoot
(congenital talipes equinovarus) Developmental
Dysplasia of the Hip (DDH) Fibular Deficiency
(anteromedial bowing)
Tibial Deficiency
Tarsal Coalition
Bipartite Patella

Os Acromiale
Neurofibromatosis
Larsen's Syndrome
Achondroplasia
Rickets
Mucopolysaccharidoses
Gaucher Disease
Marfan Syndrome
Radial Clubhand (radial deficiency)
Ulnar Club Hand
Congenital Radial Head Dislocation
Madelung's Deformity
Congenital Radial Ulnar Synostosis
Cleft Hand
Symphalangism
Camptodactyly
Clinodactyly
Syndactyly
Poland Syndrome
Apert Syndrome
Polydactyly of Hand
Macrodactyly (local gigantism)
Constrictive Ring Syndrome (Streeter's Dysplasia) Thumb
Hypoplasia
Congenital Trigger Thumb
Congenital Clasped Thumb
Intrinsic Minus Hand (Claw Hand)
Intrinsic Plus Hand
Boutonniere Deformity
Swan Neck Deformity
Quadrige Effect
Lumbrical Plus Finger
Trigger Finger
Dupuytren's Disease
Flexor Carpi Radialis Tendinitis
De Quervain's Tenosynovitis
Intersection Syndrome
Snapping ECU
Ulnar Variance
Ulnocarpal Abutment Syndrome
Ulnar Styloid Impaction Syndrome
Kienbock's Disease
Preiser's Disease (Scaphoid AVN)
Gymnast's Wrist (Distal Radial Physeal Stress Syndrome)
SNAC (Scaphoid Nonunion Advanced Collapse)
Scapholunate Ligament Injury & DISI
Lunotriquetral Ligament Injury & VISI
SLAC (Scaphoid Lunate Advanced Collapse)
CIND (carpal instability nondissociative)
Basilar Thumb Arthritis
DIP and PIP Joint Arthritis
Wrist Arthritis
Wrist Arthroscopy