



ABOS Shoulder and Elbow Recertification Examination Blueprint

VS



Subspecialty	Field	Chapter	ABO	Questions
Shoulder 53-90%				
Trauma 11-21%				
		Clavicle fracture (middle, lateral, medial)	3%	4.5
		• Acromioclavicular joint (instability, arthritis)	4%	6.0
		• Scapula (glenoid fracture, acromion, coracoid, body)	1.50%	2.3
		• Proximal humeral fracture	8%	12.0
		• Humeral shaft fracture	1.50%	2.3
		• Malunion/nonunion (proximal humerus, clavicle, humeral shaft)	3%	4.5
Reconstruction 27-41%				
		• Rotator cuff tendonitis/tendinopathy	4%	6.0
		• Rotator cuff tear	8%	12.0
		• Proximal biceps tendinopathy/tear	4%	6.0
		• Glenohumeral osteoarthritis	9%	13.5
		• Arthritis with massive cuff tear	8%	12.0
		• Other arthritis (osteonecrosis, posttraumatic, chondrolysis,	4%	6.0
		• Infection (postoperative, septic vs aseptic arthritis, periprosthetic)	4%	6.0

Topics Covered From Orthobullets in Study Plan
Glenohumeral Joint Anatomy, Stabilizer, and Biomechanics
Acromioclavicular Joint
Sternoclavicular Joint
Scapulothoracic Joint
Os Acromiale
Shoulder Exam
Shoulder Imaging
Phases of Throwing
Evaluation, Resuscitation & DCO
Open FX Management
Gun Shot Wounds
Amputations
Domestic and Elder Abuse
Hand & Forearm Compartment Syndrome
Osteomyelitis - Adult
Septic Arthritis - Adult
Wound & Hardware Infection
Necrotizing Fasciitis
Gas Gangrene
Brachial Plexus Injuries
Sternoclavicular Dislocation
Clavicle Shaft FX
Distal Third Clavicle FX
Scapula FX
Acromio-Clavicular Injuries (AC Separation)
Scapulothoracic Dissociation
Proximal Humerus FX
Proximal Humerus Fracture Malunion and Nonunion
Humeral Shaft FX
Humeral Shaft Nonunion
Medial Clavicle Physeal Fracture
Clavicle Shaft Fracture - Pediatric
Distal Clavicle Physeal FX
Proximal Humerus Fracture - Pediatric
Humeral Shaft Fracture - Pediatric
Distal Humerus Physeal Separation - Pediatric
Subacromial Impingement
Subcoracoid Impingement
Calcific Tendonitis
Rotator Cuff Tears
Rotator Cuff Arthropathy
Biceps Subluxation
Biceps Tendonitis
Glenohumeral Arthritis
Adhesive Capsulitis (Frozen Shoulder)
Avascular Necrosis of the Shoulder
Scapulothoracic Crepitus
Distal Clavicle Osteolysis
AC Arthritis
Shoulder Hemiarthroplasty
Total Shoulder Arthroplasty
Reverse Shoulder Arthroplasty
Shoulder Periprosthetic Infection
Shoulder Periprosthetic Fracture

Instability 8-12%

- Anterior instability 8% 12.0
- Posterior, multidirectional instability 4% 6.0

Other 7-13%

- Throwing shoulder (scapular dyskinesia, superior labrum, 5% 7.5
- Shoulder stiffness (adhesive capsulitis, postoperative, 4% 6.0
- Other (calcific tendonitis, Os acromiale, sternoclavicular joint, pectoralis rupture, snapping scapula) 4% 6.0

Elbow 12-28%**Trauma 7-15%**

- Distal humerus fracture 4% 6.0
- Proximal radial and ulnar fracture (radial head, Monteggia, coronoid, 4% 6.0
- Acute elbow instability (simple, complex, posteromedial rotatory 4% 6.0
- Tendon rupture (distal biceps, distal triceps) 3%

Instability 1-3%

- Medial collateral ligament injury 1.50% 2.3
- Posterolateral rotatory instability 1.50% 2.3

Reconstruction 2-6%

- Arthritis (inflammatory, posttraumatic, joint replacement vs 3% 4.5
- Contracture/heterotopic ossification (osteoarthritis, posttraumatic) 1.50% 2.3
- Infection (postoperative, septic vs aseptic arthritis, periprosthetic) 1.50% 2.3

Other 2-4%

- Tendinopathy/olecranon bursitis (medial and lateral epicondylitis) 1.50% 2.3

[Shoulder Resurfacing](#)
[Shoulder Arthrodesis](#)

[Traumatic Anterior Shoulder Instability \(TUBS\)](#)
[Humeral Avulsion Glenohumeral Ligament \(HAGL\)](#)
[Posterior Shoulder Instability & Dislocation](#)
[Multidirectional Shoulder Instability \(MDI\)](#)
[Luxatio Erecta \(Inferior Glenohumeral Joint Dislocation\)](#)

[Internal Impingement](#)
[Glenohumeral Internal Rotation Deficit \(GIRD\)](#)

[Little Leaguer's Shoulder](#)
[Posterior Labral Tear](#)

[Elbow Physical Exam](#)
[Distal Humerus FX](#)
[Capitellum FX](#)
[Coronoid FX](#)
[Olecranon FX](#)
[Radial Head FX](#)
[Elbow Dislocation](#)
[Terrible Triad Injury of Elbow](#)
[Monteggia FX](#)
[Radius and Ulnar Shaft FX](#)
[Radioulnar Synostosis](#)
[Distal Radius FX](#)
[Distal Radial Ulnar Joint \(DRUJ\) Injuries](#)
[Galeazzi FX](#)
[Supracondylar Fracture - Pediatric](#)
[Medial Epicondylar FX - Pediatric](#)
[Lateral Condyle Fracture - Pediatric](#)
[Olecranon FX - Pediatric](#)
[Radial Head and Neck FX - Pediatric](#)
[Nursemaid's Elbow](#)
[Elbow Dislocation - Pediatric](#)
[Monteggia Fracture - Pediatric](#)
[Both Bone Forearm Fracture - Pediatric](#)
[Distal Radius FX - Pediatric](#)
[Galeazzi Fracture - Pediatric](#)
[Pectoralis Major Rupture](#)
[Deltoid Rupture](#)
[Latissimus Dorsi Rupture](#)
[Distal Biceps Avulsion](#)
[Triceps Rupture](#)
[Medial Ulnar Collateral Ligament Injury \(Valgus Instability\)](#)
[Valgus Extension Overload \(Pitcher's Elbow\)](#)
[Little League Elbow](#)
[Olecranon Stress Fracture](#)
[Lateral Ulnar Collateral Ligament Injury \(PLRI\)](#)
[Elbow Arthritis](#)
[Elbow Stiffness and Contractures](#)
[Elbow Arthroscopy](#)
[Elbow Partial Arthroplasty](#)
[Elbow Total Arthroplasty](#)
[Lateral Epicondylitis \(Tennis Elbow\)](#)

• Cartilage (osteochondritis dissecans/Panner's/synovial	1.50%	2.3
• Other (arthroscopy, loose body, portal placement, posteromedial	1.50%	2.3
Neurovascular 5-11%		
• Cervical spine radiculopathy 4-7 [diagnosis] /herniated nucleus pulposus	1.50%	2.3
• Peripheral neuropathy shoulder (scapular winging, long thoracic,	4%	6.0
• Peripheral neuropathy arm/elbow (radial, ulnar, musculocutaneous)	3%	4.5
• Other (vascular, thoracic outlet, Charcot shoulder, neoplasm -	3%	4.5
General 1-3%		
• Legal/ethical [non research]	1.50%	2.3
• Perioperative management (anesthesia complications, deep vein	1.50%	2.3

[Medial Epicondylitis \(Golfer's Elbow\)](#)
[Flexor Pronator Strain](#)

[Cervical Myelopathy](#)
[Cervical Radiculopathy](#)

[Scapular Winging](#)
[Brachial Neuritis \(Parsonage-Turner Syndrome\)](#)

[Thoracic Outlet Syndrome](#)
[Quadriateral Space Syndrome](#)
[Scapulothoracic Dyskinesia](#)
[Suprascapular Neuropathy](#)
[Carpal Tunnel Syndrome](#)
[AIN Compressive Neuropathy](#)
[Pronator Syndrome](#)
[Cubital Tunnel Syndrome](#)
[Ulnar Tunnel Syndrome](#)
[PIN Compression Syndrome](#)
[Radial Tunnel Syndrome](#)
[Wartenberg's Syndrome](#)

[Impending Fracture & Prophylactic Fixation](#)
[Osteoid Osteoma](#)
[Osteoblastoma](#)
[Intramedullary Osteosarcoma](#)
[Enchondromas](#)
[Osteochondroma & Multiple Hereditary Exostosis](#)
[Chondrosarcoma](#)
[Multiple Myeloma](#)
[Unicameral Bone Cyst](#)
[Aneurysmal Bone Cyst](#)
[Fibrous Dysplasia](#)
[Osteofibrous Dysplasia](#)
[Giant Cell Tumor](#)
[Ewing's Sarcoma](#)
[Metastatic Disease of Extremity](#)
[Soft Tissue Sarcoma](#)
[Pigmented Villonodular Synovitis](#)
[Synovial Chondromatosis](#)
[Synovial Sarcoma](#)

[Fracture Healing](#)
[Bone Growth Factors](#)
[Bone Grafting](#)

[Articular Cartilage](#)
[Material Properties](#)
[Orthopaedic Implants](#)
[Rehab & Prosthetics](#)
[Osteopenia & Osteoporosis](#)
[Gout](#)
[Neuropathic \(Charcot\) Joint of Shoulder & Elbow](#)
[Fat Embolism Syndrome](#)
[Thromboembolism \(PE & DVT\)](#)
[Anticoagulation](#)
[Rheumatoid Arthritis](#)
[Bisphosphonates](#)
[Prophylaxis Antibiotics](#)



- [Antibiotic Classification & Mechanism](#)
- [Anti-inflammatory Medications](#)
- [Opiates & Analgesic Medications](#)
- [Anesthesia](#)
- [Platelet-Rich Plasma](#)
- [Statistic Definitions](#)
- [Level of Evidence](#)
- [Clinical Trial Design](#)
- [Outcome Measure Tools](#)