



2019 ABOS Breakdown

Pelvis/Acetabulum 8-12%		Max %	Qs
Pelvis (initial)	1-3%	3%	45
Pelvis (definitive)	1-3%	3%	45
Acetabulum	1-4%	4%	6
Upper Extremity 18-22%			
Shoulder-scapula	0.5-1%	1%	1.5
Shoulder-clavicle	1-2%	2%	30
Shoulder-proximal humerus	1-4%	4%	6
Humerus shaft	1-2%	2%	30
Elbow-distal humerus	1-3%	3%	45
Elbow-proximal/radius/ulna/dislocations	1-3%	3%	45
Elbow-pediatric supracondylar humerus	0.5-1%	1%	1.5
Forearm-radius/ulna	0.5-1%	1%	1.5
Distal radius	1-3%	3%	45
Lower Extremity 29-33%			
Hip-femoral head (young patient), femoral neck, dislocations	1-2%	2%	30

Topics Covered From Orthobullets in Study Plan

- Pelvic Ring Fractures
- Pelvis Fractures - Pediatric
- Stoppa Approach to Acetabulum
- Sacral FX
- SI Dislocation & Crescent FX
- Posterior Approach to the Acetabulum (Kocher-Langenbeck)
- Acetabular FX
- Ilium FX
- Ilioinguinal Approach to the Acetabulum
- Scapula FX
- Flail Chest
- Sternoclavicular Dislocation
- Brachial Plexus Injuries
- Clavicle Shaft FX
- Distal Third Clavicle FX
- Proximal Humerus FX
- Proximal Humerus Fracture Malunion
- Humeral Shaft FX
- Humeral Shaft Nonunion
- Distal Humerus FX
- Capitellum FX
- Coronoid FX
- Olecranon FX
- Monteggia FX
- Monteggia Fracture - Pediatric
- Radial Head FX
- Radial Head and Neck FX - Pediatric
- Elbow Dislocation
- Terrible Triad Injury of Elbow
- Supracondylar Fracture - Pediatric
- Medial Epicondylar FX - Pediatric
- Lateral Condyle Fracture - Pediatric
- Radius and Ulnar Shaft FX
- Radioulnar Synostosis
- Both Bone Forearm Fracture - Pediatric
- Distal Radius FX
- Distal Radius FX - Pediatric
- Distal Radial Ulnar Joint (DRUJ) Injuries
- Galeazzi FX
- Galeazzi Fracture - Pediatric
- Femoral Head FX

Geriatric hip-proximal femur	2-5%	5%	7.5	Hip Dislocation
Femur, shaft and subtrochanteric	1-3%	3%	45	Femoral Neck FX
Adolescent femur	0.5-1%	1%	1.5	Femoral Neck Fx Nonunion
Distal femur	1-3%	3%	45	Intertrochanteric FX
Knee-patella and extensor mechanism	0.5-1%	1%	1.5	Subtrochanteric FX
Knee-dislocations	0.5-1%	1%	1.5	Femoral Shaft FX
Tibia, proximal	1-3%	3%	45	Femoral Shaft FX - Pediatric
Tibial shaft	1-2%	2%	30	Distal Femur FX
Tibia, distal (pilon)	1-2%	2%	30	Distal Femoral Physeal FX - Pediatric
Ankle fracture/dislocations	1-4%	4%	6	Patella Fracture
Foot, talus/calcaneus	1-2%	2%	30	Knee Dislocation
Mid-foot/forefoot	1-2%	2%	30	Tibial Plateau FX
				Tibial Tubercle Fracture
				Proximal Third Tibia Fracture
				Proximal Tibia Metaphyseal Fractures - Pediatric
				Tibia Shaft FX
				Tibia Shaft Fracture - Pediatric
				Tibial Plafond FX
				Ankle FX
				Talar Neck FX
				Talus Fracture (other than neck)u
				Calcaneus FX
				Subtalar Dislocations
				High Ankle Sprain & Syndesmosis Injury
				Low Ankle Sprain
				Lisfranc Injury (Tarsometatarsal fracture-dislocation) 5th Metatarsal Base Fracture
				Metatarsal FX
				Tarsal Navicular FX
				Achilles Tendon Rupture
				Peroneal Tendon Subluxation & Dislocation
				Anterior Tibialis Tendon Rupture
				Ankle FX - Pediatric
				Tillaux FX
				Triplane FX
Polytrauma 8-12%				
Acute respiratory distress syndrome/Systemic inflammatory response syndrome/Fat embolism syndrome	1-2%	2%	30	Evaluation, Resuscitation & DCO
Orthopaedic management of the polytrauma patient	1-4%	4%	6	Adult Respiratory Distress Syndrome
Initial assessment of polytrauma patient-ABCs	1-2%	2%	30	Fat Embolism Syndrome
Initial assessment of polytrauma patient-head	0.5-1%	1%	1.5	Domestic and Elder Abuse
Initial assessment of polytrauma patient-spine	0.5-1%	1%	1.5	Pediatric Abuse
				Gun Shot Wounds
				Trauma Scoring Systems
				Head Trauma
				Stroke
				Concussions & Head Injuries
				Cervical Spine Trauma Evaluation
				Vertebral Artery Injury
				Spinal Cord Injuries
				Incomplete Spinal Cord Injuries
				Thoracolumbar Burst Fractures
				Amputations
				Osteomyelitis - Adult
General/Basic Science 19-21%				
Outcomes (e.g., PTSD, mental health, measures)	1-2%	2%	30	Septic Arthritis - Adult
Biomechanics of implants	0.5-1%	1%	1.5	Wound & Hardware Infection
Thromboembolic/anticoagulation/bleeding control	1-2%	2%	30	Necrotizing Fasciitis
Mangled extremity/amputation/prosthetics/orthotics	1-3%	3%	45	Gas Gangrene

Malunion/nonunion	1-2%	2%	30
Infection/osteomyelitis/antibiotics	1-2%	2%	30
Soft tissue/open fractures	1-4%	4%	6
Bone grafts/bone graft substitutes	1-2%	2%	30
Compartment syndrome	0.5-1%	1%	1.5
Pain management/opioids	0.5-1%	1%	1.5
Host risk factors (smoking, diabetes, obesity, malnourishment)	0.5-1%	1%	1.5

- Puncture Wound Infections
- Osteomyelitis - Pediatric
- Hip Septic Arthritis - Pediatric
- Transient Synovitis of Hip
- Lyme Disease
- Gustilo Classification
- Open FX Management
- Tscherne Classification
- Leg Compartment Syndrome
- Thigh Compartment Syndrome
- Hand & Forearm Compartment Syndrome
- Forearm Compartment Syndrome - Neonate
- Foot Compartment Syndrome
- THA Periprosthetic Fracture
- TKA Periprosthetic Fracture
- Prosthetic Joint Infection
- Impending Fracture & Prophylactic Fixation
- Osteochondroma & Multiple Hereditary Exostosis
- Heterotopic Ossification
- Paget's Disease
- Giant Cell Tumor
- Intramedullary Osteosarcoma
- Chondrosarcoma
- Ewing's Sarcoma
- Soft Tissue Sarcoma
- Metastatic Disease of Extremity
- Metastatic Disease of Spine
- Synovial Sarcoma
- Unicameral Bone Cyst
- Opiates & Analgesic Medications
- Bone Growth Factors
- Bone Grafting
- Bone Signaling & RANKL
- Osteopenia & Osteoporosis
- Bisphosphonates
- Statistic Definitions
- Level of Evidence
- Clinical Trial Design
- Outcome Measure Tools
- Legal and Ethics
- Material Properties
- Orthopaedic Implants
- Thromboembolism (PE & DVT)
- Anticoagulation
- Rehab & Prosthetics
- Fracture Healing
- Nonunion
- Prophylaxis Antibiotics
- Antibiotic Classification & Mechanism

Geriatrics 6-10%

Osteoporosis, diagnosis and management	1-3%	3%
Pathologic fracture/atypical	1-2%	2%
Periprosthetic fractures	1-2%	2%
Perioperative management of geriatric fracture patients	1-3%	1%

- Geriatric Patient Trauma
- Osteopenia & Osteoporosis
- TKA Periprosthetic Fracture
- THA Periprosthetic Fracture