



**ABOS 2021 Sports Recon
Recertification Exam Blueprint**

VS



2020 ABOS Breakdown		Max %	Qs
General Principles 4-8%			
Biostatistics/epidemiology	2-4%	4%	6
Legal/ Ethical	1-2%	2%	3
Basic Science Principles	1-2%	2%	3
Spine 2-6%			
Cervical	1-2%	2%	3
Thoracic	1-2%	2%	3
Lumbar	1-2%	2%	3
Upper Extremities 28-34%			
Clavicle	0.5-1%	1%	1.5
Scapula	1-2%	2%	3
Fracture			
Neuropathy/nerve injury			
Os acromiale			
Scapular dyskinesia			
Shoulder joint	12-16%	16%	24
Dislocations/Instability			
Fracture			
Tendon/muscle			
Tendinitis			
Tears			

Topics Covered From Orthobullets in Study Plan
Statistic Definitions
Level of Evidence
Clinical Trial Design
Neck Injuries in Athletes
Burners & Stingers
Osteoporotic Vertebral Compression Fracture
Cauda Equina Syndrome
Cervical Radiculopathy
Lumbar Disc Herniation
Lumbar Spinal Stenosis
Pediatric Spondylolisthesis & Spondylolysis
Adolescent Idiopathic Scoliosis
Scapulothoracic Joint
Scapulothoracic Crepitus
Scapular Winging
Brachial Neuritis (Parsonage-Turner Syndrome)
Scapulothoracic Dyskinesia
Os Acromiale
Glenohumeral Joint Anatomy, Stabilizer, and Biomechanics
Traumatic Anterior Shoulder Instability (TUBS)
Shoulder Exam
Posterior Instability & Posterior Dislocation
Multidirectional Shoulder Instability (MDI)
Luxatio Erecta (Inferior Glenohumeral Joint Dislocation)
Proximal Humerus Fractures
Clavicle FX
Biceps Subluxation
Calcific Tendonitis
Proximal Biceps Tendonitis
Rotator Cuff Tears
Rotator Cuff Arthropathy
Internal Impingement

Cartilage

- Labral Injuries
- Articular Injuries

Nerve injury/compression

Brachial plexus (burner/stinger)

- Thoracic outlet
- Acromioclavicular
 - Dislocations/Instability
- Tendon/muscle
 - Tendinitis
 - Tears

Cartilage

- Sternoclavicular
 - Dislocations/Instability

Humerus	0.5-1%	1%	1.5
Fracture			
Elbow joint	3-7%	7%	10.5
Dislocations/ Instability			

Glenohumeral Internal Rotation Deficit (GIRD)

- Shoulder Imaging
- Phases of Throwing
- Subacromial Impingement
- Subcoracoid Impingement
- Glenohumeral Arthritis
- SLAP Lesion
- Distal Clavicle Osteolysis
- AC Arthritis
- Avascular Necrosis of the Shoulder
- Shoulder Hemiarthroplasty
- Total Shoulder Arthroplasty
- Reverse Shoulder Arthroplasty
- Neuropathic (Charcot) Joint of Shoulder & Elbow
- Suprascapular Neuropathy
- Quadrilateral Space Syndrome
- Biologic Resurfacing
- Shoulder Arthrodesis
- Shoulder Periprosthetic Infection
- Brachial Plexus Injuries
- Thoracic Outlet Syndrome
- Acromioclavicular Joint
- Acromio-Clavicular Injuries (AC Separation)

- Little Leaguer's Shoulder
- Posterior Labral Tear
- Pectoralis Major Rupture
- Deltoid Rupture
- Latissimus Dorsi Rupture
- Adhesive Capsulitis (Frozen Shoulder)
- Sternoclavicular Joint
- Sternoclavicular Dislocation

- Humeral Shaft Fractures
- Elbow Anatomy & Biomechanics
- Elbow Dislocation
- Medial Ulnar Collateral Ligament Injury (Valgus Instability)
- Valgus Extension Overload (Pitcher's Elbow)

Fracture			
Cartilage			
Osteochondritis dissecans			
Panner Disease			
Nerve injury/compression			
Radius/ulna 1-2%	2%	3	
Fracture			
Wrist joint 2-4%	4%	6	
Dislocations/ Instability			
Nerve Injury/ Compression			
Hand 2-4%	4%	6	
Dislocations/ Instability			
Fractures			

- Little League Elbow
- Lateral Ulnar Collateral Ligament Injury (PLRI)
- Radial Head Fractures
- Olecranon Fractures
- Olecranon Stress Fracture
- Pediatric Abuse
- Supracondylar Fracture - Pediatric
- Both Bone Forearm Fracture - Pediatric
- Elbow Arthritis
- Elbow Stiffness and Contractures
- Elbow Arthroscopy
- Elbow Partial Arthroplasty
- Osteochondritis Dissecans of Elbow
- Elbow Total Arthroplasty
- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Flexor Pronator Strain
- Distal Biceps Avulsion
- Triceps Rupture
- Radius and Ulnar Shaft Fractures
- Distal Radius Fractures
- Distal Radial Ulnar Joint (DRUJ) Injuries
- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome
- De Quervain's Tenosynovitis
- Gymnast's Wrist (Distal Radial Physeal Stress Syndrome)
- Basilar Thumb Arthritis
- Wrist Arthritis
- Jersey Finger
- Mallet Finger
- Sagittal Band Rupture (traumatic extensor tendon dislocation)
- Scaphoid Fracture
- Hook of Hamate Fracture
- TFCC Injury
- Metacarpal Fractures

Tendon/muscle			
Lower Extremities 40-46%			
Pelvis 0.5-1%		1%	1.5
Fractures			
Tendon/ muscle			
Neuropathy/nerve injury			
Hip joint 2-6%		6%	9
Dislocations/ Instability			
Fractures			
Tendon/ tear			
Cartilage			
Labral			
Articular			
Femur 0.5-1%		1%	1.5
Fractures (subtrochanteric)			
Fractures (neck/head)			
Fractures (supraconylar, intercondylar, epiphyseal)			
Nerve injury/compression (including Compartment Syndrome)			
Knee joint 18-26%		26%	39

MCP Dislocations
 Phalanx Fractures
 Phalanx Dislocations
 Digital Collateral Ligament Injury
 Rheumatoid Arthritis
 Iliac Crest Contusion (Hip Pointer)
 Anterior Superior Iliac Spine (ASIS) Avulsion
 Anterior Inferior Iliac Spine Avulsion (AIIS)
 Athletic Pubalgia & Adductor strain

 Hip Dislocation
 Slipped Capital Femoral Epiphysis
 Legg-Calve-Perthes Disease (Coxa plana)
 Hip Septic Arthritis - Pediatric
 Hip Labral Tear
 Femoroacetabular Impingement
 Trochanteric Bursitis
 Hip Arthroscopy
 Piriformis Muscles Syndrome
 Snapping Hip (Coxa Saltans)
 Adductor Strain
 Hamstring Injuries
 Quadriceps Contusion
 Rectus Femoris Strain
 Exertional Compartment Syndrome
 Popliteal Artery Entrapment Syndrome
 Tibial Stress Syndrome (Shin Splints)
 Femoral Neck Stress Fractures
 Femoral Shaft Stress Fractures
 Tibial Shaft Stress Fractures
 Rib Stress Fracture
 Osteitis Pubis
 Intertrochanteric Fractures
 Subtrochanteric Fractures
 Femoral Neck Fractures
 Thigh Nerve Entrapment Syndromes
 Thigh Compartment Syndrome
 Ligaments of the Knee

Dislocations/Instability

- Anterior cruciate
- Medial collateral
- Posterior cruciate
- Posterolateral capsule
- Multiligament injury

Fracture

Tendon/ Muscle

Cartilage

- Meniscal
- Articular
- Osteochondritis dissecans

- Osteonecrosis
- Osgood-Schlatter disease
- Patellofemoral

Dislocations/Instability

Fracture

History and Physical Exam of the Knee

Knee Imaging

- ACL Tear
- MCL Knee Injuries
- PCL Injury
- Posterolateral Corner Injury
- LCL Injury of the Knee
- Tibial Plateau Fractures
- Posteromedial Corner Injury of Knee
- Patella Fracture
- Tibial Eminence Fracture
- Tibial Tubercle Fracture
- Patella Sleeve Fracture
- Lyme Disease
- Patellar Tendinitis
- Quadriceps Tendonitis
- Semimembranosus Tendinitis
- Prepatellar Bursitis (Housemaid's Knee)
- Iliotibial Band Friction Syndrome

- Hip Osteoarthritis
- Knee Osteoarthritis
- Adult Hip Dysplasia
- High Tibial Osteotomy
- Unicompartmental Knee Replacement
- Meniscus
- Meniscal Injury
- Meniscal Cysts
- Discoid Meniscus

Patellofemoral Joint

- Proximal Tib-Fib Dislocation
- Patellar Instability
- Lateral Patellar Compression Syndrome
- Idiopathic Chondromalacia Patellae

Tendon/muscle		
Cartilage		
Tibia/ bula 4-8%	8%	12
Fractures (plateau)		
Fractures (pilon)		
Nerve injury/compression (including Compartment Syndrome)		
Ankle joint 4-8%	8%	12
Dislocations/Instability		
Sprain		
Syndesmotic injuries		
Fracture		
With ligament injury		
Without ligament injury		
Tendon/muscle		
Achilles		
Peroneal		
Posterior tibial		
Cartilage		
Foot 2-6%	6%	9
Dislocations/Instability		
Fracture		
Tendon/muscle		
Tendinitis		
Tears		
Plantar fasciitis		
Cartilage		
Multiple Sites 13-17%	4%	6
Multiple trauma, nonorthopaedic 2-4%		

Quadriceps Tendon Rupture
 Patella Tendon Rupture

 Osteochondritis Dissecans
 Articular Cartilage Defects of Knee
 Osteonecrosis of the Knee
 Spontaneous Osteonecrosis of the Knee (SONK)
 Tibia Shaft Fractures
 Tibia Shaft Fracture - Pediatric
 Leg Compartment Syndrome

 High Ankle Sprain & Syndesmosis Injury
 Low Ankle Sprain

 Ankle Fractures
 5th Metatarsal Base Fracture

 Achilles Tendon Rupture
 Achilles Tendonitis
 Anterior Tibialis Tendon Rupture
 FHL Tendonitis & Injuries
 Peroneal Tendon Subluxation & Dislocation
 Posterior Tibial Tendon Insufficiency (PTTI)
 Ankle Arthritis
 Ankle Arthroscopy
 Total Ankle Arthroplasty
 Tarsal Coalition
 Lisfranc Injury (Tarsometatarsal fracture-dislocation)
 Flexible Pes Planovalgus (Flexible Flatfoot)
 Gout
 DJD & Hallux Rigidus

 Plantar Fasciitis
 Domestic and Elder Abuse
 Osteomyelitis - Adult
 Septic Arthritis - Adult

Pulmonary emboli		
Concussion/head injury		
Hemothorax		
Shock		
Pneumothorax		
Complications following surgical procedures 2-4%	4%	6
Thromboembolus		
Deep venous thrombosis		
Coagulopathy		
Medical aspects of sports medicine 7-11%	11%	16.5
Cardiology		
Sudden cardiac death		
Pulmonary		
Asthma		
Head and face		
Concussion		
Injuries to eye, ear, mouth, face		
Congenital		
Gastrointestinal		
Genitourinary		
Endocrine		
Skin		
Other		
Environmental exposure (eg, heat illness)		
AV malformations		
Physiology		
Other 1-2%	2%	3
Athletic, not elsewhere specified		
Overuse		
Cartilage		
Soft tissue, not elsewhere classified		
Physical injuries and growth arrest		
Marfan syndrome		
Complex regional pain syndrome		
Multiple sites/systemic/other		

Wound & Hardware Infection
Osgood Schlatter's Disease (Tibial Tubercle Apophysitis)
Sinding-Larsen-Johansson Syndrome
Thromboembolism (PE & DVT)
Anticoagulation
Antibiotic Classification and Mechanism
Pre-Participation Physical
Cardiac Conditions
Pulmonary Conditions
Steroids & Stimulants
Concussions & Head Injuries
Ear, Eye, Mouth Injuries
Visceral Blunt Trauma
Bisphosphonates
Infectious Diseases in Athletes
The Female Athlete
Heat Illness and Stroke
Exercise Science
Down Syndrome
Bone Signaling & RANKL
Muscle Biology & Physiology
Articular Cartilage
Orthopaedic Implants
Osteopenia & Osteoporosis
Physical Considerations
Marfan Syndrome
Complex Regional Pain Syndrome (CRPS)

	Chronic pain		
Neoplasms 0.5-1.5%		1.50%	2.25
Benign			
Malignant			

- Osteoid Osteoma
- Intramedullary Osteosarcoma
- Enchondromas
- Osteochondroma & Multiple Hereditary Exostosis
- Chondrosarcoma
- Non-ossifying Fibroma
- Unicameral Bone Cyst
- Aneurysmal Bone Cyst
- Fibrous Dysplasia
- Paget's Disease
- Heterotopic Ossification
- Giant Cell Tumor
- Ewing's Sarcoma
- Metastatic Disease of Extremity
- Metastatic Disease of Spine
- Soft Tissue Sarcoma
- Pigmented Villonodular Synovitis
- Synovial Sarcoma