



The American Board
of Orthopaedic Surgery

Examination Blueprints



Recon MOC Study Plan

Hip 24-56%

| | | |
|--|-------|------|
| Anatomy and surgical approach 1-3% | 3.00% | 4.5 |
| Biomechanics 1-3% | 3.00% | 4.5 |
| Fractures, femoral neck (including stress) 1-3% | 3.00% | 4.5 |
| Fractures (intertrochanteric, subtrochanteric) 0.5-1.5% | 1.50% | 2.25 |
| Periprosthetic fracture (intraoperative and postoperative) 1-3% | 3.00% | 4.5 |
| Nonoperative management (pain management, injections, assistive devices, physical therapy, weight loss) 0.5-1.5% | 1.50% | 2.25 |
| Developmental hip dysplasia 0.5-1.5% | 1.50% | 2.25 |
| Osteoarthritis 4-6% | 6.00% | 9 |
| Inflammatory arthritis 0.5-1.5% | 1.50% | 2.25 |
| Post-traumatic arthritis 0.5- 1.5% | 1.50% | 2.25 |
| Instability 2-4% | 4.00% | 6 |
| Femoral acetabular impingement 0.5-1.5% | 1.50% | 2.25 |
| Osteonecrosis 1-3% | 3.00% | 4.5 |
| Complications (neurovascular, heterotopic ossification, leg, length discrepancy, intraoperative, device failure, medical) 4-6% | 6.00% | 9 |

Orthobullets Review Topics Included

Pelvis Anatomy

Hip Anatomy

Hip Biomechanics

Adult Hip Recon Radiographic Evaluation

Hip Magnetic Resonance Imaging

THA Prosthesis Design

Anti-inflammatory Medications

Opiates & Analgesic Medications

Adult Dysplasia of the Hip

Developmental Dysplasia of the Hip (DDH)

Developmental Coxa Vara

Legg-Calve-Perthes Disease

Slipped Capital Femoral Epiphysis (SCFE)

Hip Arthrodesis

THA Templating

THA Implant Fixation

THA Approaches

THA Stability Techniques

THA Acetabular Screw Fixation

THA Revision

THA Postoperative Inpatient Management

Hip Resurfacing

Periacetabular Osteotomy

Hip Osteonecrosis

Idiopathic Transient Osteoporosis of the Hip (ITOH)

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| Infection 2-4% | 4.00% | 6 |
| Painful arthroplasty (iliopsoas impingement, tendinopathy, referred pain) 1-3% | 3.00% | 4.5 |
| Aseptic loosening 1-3% | 3.00% | 4.5 |
| Osteolysis 1-3% | 3.00% | 4.5 |
| Adverse local tissue reaction 1-3% | 3.00% | 4.5 |
| Knee 24-56% | | 0 |
| Anatomy and surgical approach 1-3% | 3.00% | 4.5 |
| Biomechanics 1-3% | 3.00% | 4.5 |
| Nonoperative management (pain management, injections, assistive devices, physical therapy, weight loss) 0.5-1.5% | 1.50% | 2.25 |
| Osteoarthritis (partial knee arthroplasty, osteotomy, total knee arthroplasty) 4-6% | 6.00% | 9 |
| Inflammatory arthritis 1-3% | 3.00% | 4.5 |
| Post-traumatic arthritis 1-3% | 3.00% | 4.5 |
| Instability 1-3% | 3.00% | 4.5 |

Wear & Osteolysis Basic Science
Catastrophic Wear & PE Sterilization
THA Aseptic Loosening

THA Dislocation
THA Periprosthetic Fracture
THA Sciatic Nerve Palsy
THA Leg Length Discrepancy
THA Iliopsoas Impingement
THA Vascular Injury & Bleeding
THA Trunnionosis
THA Pseudotumor (Metal Reactions)
THA Other Complications

Knee Biomechanics

Bipartite Patella
TKA Prosthesis Design
Material Properties
Orthopaedic Implants
Platelet-Rich Plasma

Knee Osteoarthritis

Infantile Blount's Disease (tibia vara)
Adolescent Blount's Disease
High Tibial Osteotomy
Unicompartmental Knee Replacement
Rheumatoid Arthritis
Gout
Pseudogout (CPPD)
Knee Arthrodesis

TKA Templating
TKA Approaches
TKA Axial Alignment
TKA Coronal Plane Balancing
TKA Sagittal Plane Balancing
TKA Patellofemoral Alignment
TKA in Patella Baja (Prior HTO)

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|---|-------|----------|
| Osteonecrosis 0.5-1.5% | 1.50% | 2.25 |
| Complications (neurovascular, heterotopic ossification, compartment syndrome, intraoperative, device failure, medical, recurrent hemarthrosis) | 6.00% | 9 |
| Infection 2-4% | 4.00% | 6 |
| Painful arthroplasty (tendinopathy, referred pain, neuroma) 1-3% | 3.00% | 4.5 |
| Aseptic loosening 2-4% | 4.00% | 6 |
| Osteolysis 1-3% | 3.00% | 4.5 |
| Periprosthetic fracture (intraoperative and postoperative) 1-3% | 3.00% | 4.5 |
| Extensor mechanism complications 2-4% | 4.00% | 6 |
| Stiffness 1-3% | 3.00% | 4.5 |
| Perioperative management 7-13% | | 0 |
| Preoperative (infection and medical optimization, including nutrition, smoking cessation, glucose management, diabetes, weight loss, MRSA screening, multimodal pain, management, prehabilitation, inflammatory arthritis evaluation, and management) | 6.00% | 9 |
| Intraoperative (anesthesia/blocks, blood loss prevention, infection prevention, multimodal pain management, wound management) | 3.00% | 4.5 |

- Prosthetic Joint Infection**
- Prophylactic Antibiotics**
- Antibiotic Classification & Mechanism**

- TKA Revision**

- TKA Periprosthetic Fracture**
- TKA Aseptic Loosening**
- TKA Instability**
- TKA Extensor Mechanism Rupture**
- TKA Patellar Maltracking**
- TKA Patellar Prosthesis Loosening**

- Patellar Clunk Syndrome**
- TKA Stiffness**

- TKA Vascular Injury and Bleeding**
- TKA Peroneal Nerve Palsy**
- TKA Metal Hypersensitivity**
- TKA Heterotopic Ossification**
- TKA Other Complications**
- TKA Wound Complications**
- Arthroplasty Preoperative Optimization**

- TKA Preoperative Planning**
- General and Regional Anesthesia in Orthopaedics**

- TKA Outpatient Surgery**

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| Postoperative (multimodal pain management, rehabilitation, wound management, blood management, discharge disposition) 2-4% | 4.00% | 6 |
| General Principles 5-15% | | 0 |
| Biostatistics/epidemiology 0.5-1.5% | 1.50% | 2.25 |
| Legal/ethical 0.5-1.5% | 1.50% | 2.25 |
| Basic science (biology, biomaterials) 1-3% | 3.00% | 4.5 |
| Lumbar spine (spondylosis, disc disease, and stenosis, diagnosis only) 0.5-1.5% | 1.50% | 2.25 |
| Neoplasms (metastatic, primary bone neoplasm) 0.5-1.5% | 1.50% | 2.25 |

THA Rehabilitation

TKA Postoperative Rehabilitation & Outpatient Management

TKA Postoperative Inpatient Management Rehab & Prosthetics

Statistic Definitions

Level of Evidence

Clinical Trial Design

Outcome Measure Tools

Occupational Health

Legal and Ethics

Clinical Billing

Bone Cells

Bone Signaling & RANKL

Fracture Healing

Bone Growth Factors

Bone Grafting

Muscle Biology & Physiology

Articular Cartilage

Lumbar Disc Herniation

Lumbar Spinal Stenosis

Degenerative Spondylolisthesis

Adult Isthmic Spondylolisthesis

Adult Spinal Deformity

Sacroiliac Pain and Dysfunction

Sacroiliitis

Ankylosing Spondylitis

DISH (Diffuse Idiopathic Skeletal Hyperostosis)

Impending Fracture & Prophylactic Fixation

Biopsy Principles

Osteoid Osteoma

Intramedullary Osteosarcoma

Enchondromas

Osteochondroma & Multiple Hereditary Exostosis

Multiple Myeloma

Fibrous Dysplasia

Paget's Disease

Heterotopic Ossification

Giant Cell Tumor

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| Thromboembolic disease and bleeding disorders, (risk assessment, prophylaxis, and treatment) 1-3% | 3.00% | 4.5 |
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| Neurologic (polio, Parkinsons, dementia, Charcot) 0.5-1.5% | 1.50% | 2.25 |
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| Metabolic bone disease (osteoporosis, fragility fractures) 0.5-1.5% | 1.50% | 2.25 |
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|--|---------|-----|
| | 138.00% | 207 |
|--|---------|-----|

- Ewing's Sarcoma
- Metastatic Disease of Extremity
- Soft Tissue Sarcoma
- Pigmented Villonodular Synovitis
- Synovial Chondromatosis
- Synovial Sarcoma
- Liposarcoma
- Thromboembolism (PE & DVT) Prophylaxis

- Deep Vein Thrombosis
- Pulmonary Embolism
- Anticoagulation Medications
- Operative Blood Loss & Transfusion
- Fat Embolism Syndrome
- Complex Regional Pain Syndrome (CRPS)

- Osteopenia & Osteoporosis

- Rickets
- Bisphosphonates

