



## ABOS Hand Recertification Exam Blueprint

**VS**



## Hand MOC Study Plan

<b>ABOS Breakdown</b>		Max %	Qs
<b>Bones 13-27%</b>			
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
<b>Joint/ligament 14-26%</b>			
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	1.50%	
	fibrocartilage complex	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
<b>Muscle/Tendon 8-18%</b>			
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
	fungus	0.38%	0.5
Anatomy/physiology/biomechanics 1-3%		3%	4.5
<b>Nerve 10-20%</b>			
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
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 Fascitis
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
<b>Anatomy/physiology 1-3%</b>				Neuromuscular Scoliosis
	EMG	1.50%	2.25	Congenital Scoliosis
	variants	1.50%	2.25	Scheuermann's Kyphosis
<b>Neuromuscular 0.5-1.5%</b>				Congenital Muscular Torticollis
	stroke	0.25%	0.375	Glenohumeral Joint Anatomy, Stabilizer, and Biomechanics
	cerebral palsy	0.25%	0.375	Subacromial Impingement
	traumatic brain injury	0.25%	0.375	Rotator Cuff Tears
	tetraplegia	0.25%	0.375	Rotator Cuff Arthropathy
	Charcot-Marie-Tooth	0.25%	0.375	Acromio-Clavicular Injuries (AC Separation)
	amyotrophic lateral sclerosis	0.25%	0.375	Traumatic Anterior Shoulder Instability (TUBS)
<b>Brachial plexus 0.5-1.5%</b>				Posterior Shoulder Instability & Dislocation
	pediatric	0.38%	0.57	Multidirectional Shoulder Instability (MDI)
	adult	0.38%	0.57	Posterior Labral Tear
	anatomy	0.38%	0.57	Glenohumeral Arthritis
	neuritis	0.38%	0.57	AC Arthritis
<b>Circulatory system 4-10%</b>				Adhesive Capsulitis (Frozen Shoulder)
	<b>Anatomy/physiology 0.5-1.5%</b>	1.50%	2.25	Avascular Necrosis of the Shoulder
	<b>Revascularization/replantation 1-3%</b>	3%	4.5	Suprascapular Neuropathy
	<b>Vasospastic disease and chronic ischemia 1-3%</b>	3%	4.5	Scapular Winging
	<b>Thrombosis/embolism/aneurysm 0.5-1.5%</b>	1.50%	2.25	Brachial Neuritis (Parsonage-Turner Syndrome)
	<b>Vascular malformations 0.5-1.5%</b>	1.50%	2.25	Thoracic Outlet Syndrome
<b>Skin/fascia/nails 6-18%</b>				Quadrilateral Space Syndrome
	<b>Fingertip/nailbed trauma 1-3%</b>	3%	4.5	Pectoralis Major Rupture
	<b>Coverage 2-4%</b>			Triceps Rupture
	grafts	1%	1.5	Elbow Anatomy & Biomechanics
	flaps	1%	1.5	Medial Ulnar Collateral Ligament Injury (Valgus Instability)
	negative pressure wound	1%	1.5	Lateral Ulnar Collateral Ligament Injury (PLRI)
	dermal skin substitutes	1%	1.5	Valgus Extension Overload (Pitcher's Elbow)
				Distal Biceps Avulsion
	<b>Frostbite/burns 0.5-1.5%</b>			Lateral Epicondylitis (Tennis Elbow)
	electrical	0.50%	0.75	Medial Epicondylitis (Golfer's Elbow)
	chemical	0.50%	0.75	Elbow Arthritis
	thermal	0.50%	0.75	Osteochondritis Dissecans of Elbow
				Little League Elbow
	<b>Infection 1-3%</b>			Olecranon Stress Fracture
	bites	0.40%	0.6	Elbow Stiffness and Contractures
	envenomation	0.40%	0.6	Elbow Arthroscopy
	necrotizing fasciitis	0.40%	0.6	Elbow Total Arthroplasty
	fungal	0.40%	0.6	Bone Cells
	viral	0.40%	0.6	Bone Signaling & RANKL
	surgical site infection	0.40%	0.6	Embryology
	olecranon bursitis	0.40%	0.6	Fracture Healing
				Bone Grafting
	<b>Injection/extravasation injuries 0.5-1.5%</b>	1.50%	2.25	Articular Cartilage
	<b>Anatomy/physiology/wound healing 0.5-1.5%</b>	1.50%	2.25	Material Properties
	<b>Dupuytren disease/contracture 1-3%</b>	3%	4.5	Orthopaedic Implants
<b>General principles/other 7-19%</b>				Rehab & Prosthetics
	<b>Ethics 1-3%</b>			Osteopenia & Osteoporosis
	professionalism	0.38%	0.57	Osteomalacia
	consent/communication	0.38%	0.57	Gout
	cultural competence	0.38%	0.57	Pseudogout (CPPD)
	diversity	0.38%	0.57	Psoriatic Arthritis
	billing	0.38%	0.57	Thromboembolism (PE & DVT)
	death/dying	0.38%	0.57	Anticoagulation
	durable power of attorney	0.38%	0.57	Complex Regional Pain Syndrome (CRPS)
	doctor-patient relations	0.38%	0.57	Rheumatoid Arthritis
				Bisphosphonates
	<b>Pain management 1-3%</b>			Prophylaxis Antibiotics
	opioid management	1%	1.5	Antibiotic Classification & Mechanism
	anesthesia	1%	1.5	Anti-inflammatory Medications
	pain syndromes	1%	1.5	Anesthesia
				Statistic Definitions
	<b>Prosthetics/rehabilitation 0.5-1.5%</b>			Level of Evidence
	adult	0.75%	1.125	Clinical Trial Design
	pediatric	0.75%	1.125	Legal and Ethics
				Ganglion Cysts
	<b>Patient/physician safety 0.5-1.5%</b>			Epidermal Inclusion Cyst
	deep vein thrombosis	0.75%	1.125	Anomalous Extensor Tendon
	coagulopathy	0.75%	1.125	
	<b>Benign 1-3%</b>			
	ganglion	0.50%	0.75	
	giant cell	0.50%	0.75	
	lipoma	0.50%	0.75	
	inclusion cyst	0.50%	0.75	

	<b>osteochondroma</b>	<b>0.50%</b>	<b>0.75</b>	Giant Cell Tumor of Tendon Sheath
	<b>enchondroma</b>	<b>0.50%</b>	<b>0.75</b>	Actinic Keratoses
<b>Skin tumors 0.5-1.5%</b>		<b>1.50%</b>	<b>2.25</b>	Epithelioid Sarcoma
<b>Metastatic and sarcoma 0.5-1.5%</b>		<b>1.50%</b>	<b>2.25</b>	Melanoma
<b>Hand plate 1-2%</b>				Squamous Cell Carcinoma
	<b>trigger thumb</b>	<b>0.30%</b>	<b>0.45</b>	Basal Cell Carcinoma
	<b>camptodactyly</b>	<b>0.30%</b>	<b>0.45</b>	Glomus Tumor
	<b>clinodactyly</b>	<b>0.30%</b>	<b>0.45</b>	Aneurysmal Bone Cyst
	<b>syndactyly</b>	<b>0.30%</b>	<b>0.45</b>	Enchondroma
	<b>polydactyly</b>	<b>0.30%</b>	<b>0.45</b>	Osteomalacia
	<b>symbrachydactyly</b>	<b>0.30%</b>	<b>0.45</b>	Chondrosarcoma
<b>Radial/thumb deficiency 0.5-1.5%</b>				Metastatic Disease of Extremity
	<b>absent disorders</b>	<b>0.75%</b>	<b>1.125</b>	Soft tissue sarcoma
	<b>hypoplastic disorders</b>	<b>0.75%</b>	<b>1.125</b>	Osteochondroma & Multiple Hereditary Exostosis
<b>Common syndromes 0-1%</b>				Unicameral Bone Cyst
	<b>multiple hereditary exostoses</b>	<b>0.16%</b>	<b>0.24</b>	Aneurysmal Bone Cyst
	<b>constriction band syndrome</b>	<b>0.16%</b>	<b>0.24</b>	Giant Cell Tumor
	<b>Madelung</b>	<b>0.16%</b>	<b>0.24</b>	Pigmented Villonodular Synovitis
	<b>Apert</b>	<b>0.16%</b>	<b>0.24</b>	Synovial Chondromatosis
	<b>Poland</b>	<b>0.16%</b>	<b>0.24</b>	Multiple Sclerosis
	<b>Down syndromes</b>	<b>0.16%</b>	<b>0.24</b>	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