

| Subspecialty                          | Field                   | Chapter                                | ABOS % | Questions | Orthobullets Target Topics (covered in plan)   |
|---------------------------------------|-------------------------|--|--------|-----------|--|
| <b>General Principles 6-10%</b>       |                         |  |        |           |  |
| <b>Basic Science Principles 6-10%</b> |                         |  |        |           |  |
|                                       |                         | <b>Epidemiologic Information</b>       | 2%     | 3         | Clinical Trial Design<br>Statistic Definitions   |
|                                       |                         | <b>Interpretation</b>                  | 2%     | 3         | Level of Evidence  |
|                                       |                         | <b>Statistical Interference</b>        | 2%     | 3         | Outcome Measure Tools  |
|                                       |                         | <b>Biology</b>                         | 2%     | 3         | Articular Cartilage<br>Bone Cells<br>Bone Signaling & RANKL<br>Bone Growth Factors<br>Normal Bone Metabolism<br>Bone Remodeling<br>Fracture Healing<br>Bone Grafting<br>Muscle Biology & Physiology<br>Tendons<br>Bisphosphonates<br>Synovium & Synovial Fluid<br>Collagen<br>Antibiotic Classification & Mechanism<br>Prophylaxis Antibiotics<br>Rehab & Prosthetics<br>Anti-inflammatory Medications<br>Analgesic Medications<br>Anesthesia<br>Material Properties<br>Orthopaedic Implants   |
|                                       |                         | <b>Biomechanics</b>                    | 2%     | 3         |  |
| <b>SPINE</b>                          |                         |  |        |           |  |
|                                       | <b>Lumbar</b>           |  | 1%     | 1.5       |  |
|                                       |                         | <b>Fracture Dislocation Instabilit</b> | 0.2%   | 0.3       | Osteoporotic Compression Fx  |
|                                       |                         | <b>Spinal Cord Injury</b>              | 0.2%   | 0.3       | Spinal Cord Injuries   |
|                                       |                         | <b>HNP</b>                             | 0.20%  | 0.3       | Incomplete Spinal Cord Injuries  |
|                                       |                         | <b>Arthritis, Inflammatory (Rheumc</b> | 0.20%  | 0.3       | Cauda Equina Syndrome  |
|                                       |                         | <b>Arthritis Degenerative</b>          | 0.20%  | 0.3       | Myelopathy<br>Cervical Radiculopathy<br>Lumbar Spinal Stenosis<br>Degenerative Spondylolisthesis<br>Lumbar Disc Herniation<br>Adult Isthmic Spondylolisthesis<br>Adult Spinal Deformity<br>Adult Pyogenic Vertebral Osteomyelitis  |
| <b>UPPER EXTREMITY</b>                |                         |  |        |           |  |
|                                       | <b>Shoulder Joint</b>   |  | 5%     | 7.5       |  |
|                                       |                         |  | 6.15%  |           | Traumatic Anterior Shoulder Instability (TUBS)<br>Posterior Instability & Posterior Dislocation<br>Multidirectional Shoulder Instability (MDI)<br>Brachial Plexus Injuries<br>Proximal Humerus Fractures<br>Proximal Humerus Fracture Malunion<br>Adhesive Capsulitis<br>Scapular Winging<br>Rotator Cuff Tear<br>Rotator Cuff Arthropathy<br>Glenohumeral Arthritis<br>Shoulder Hemiarthroplasty<br>Reverse Shoulder Arthroplasty<br>Total Shoulder Arthroplasty<br>Avascular Necrosis of Shoulder<br>Neuropathic (Charcot) Joint of Shoulder & Elbow |
| <b>LOWER EXTREMITY</b>                |                         |  |        |           |  |
|                                       | <b>Pelvis 1-4%</b>      |  |        | 5.85      |  |
|                                       |                         | <b>Fractures</b>                       | 1.3%   | 1.95      | Pelvic Ring Fractures  |
|                                       |                         | <b>Tendon/muscle</b>                   | 1.3%   | 1.95      | Acetabular Fractures   |
|                                       |                         | <b>Neuropathy/nerve injury</b>         | 1.3%   | 1.95      | Posterior Approach to the Acetabulum<br>Ilioinguinal Approach to the Acetabulum<br>Hip Dislocation   |
|                                       | <b>Hip joint 43-47%</b> |  |        | 70.2      |  |
|                                       |                         | <b>Dislocations/Instability</b>        | 3.9%   | 5.85      | THA Dislocation  |
|                                       |                         | <b>Fractures</b>                       | 3.9%   | 5.85      | THA Periprosthetic Fracture  |
|                                       |                         | <b>Arthritis, inflammatory</b>         | 3.9%   | 5.85      | Idiopathic Transient Osteoporosis of the Hip   |

|                                      |                                 |      |   |                                       |
|--------------------------------------|---------------------------------|------|---|---------------------------------------|
| <b>Arthritis, degenerative</b>       | 3.9%                            | 5.85 | Hip Biomechanics  |                                       |
|                                      |                                 |      | Developmental Dysplasia of the Hip                      |                                       |
|                                      |                                 |      | Slipped Capital Femoral Epiphysis                       |                                       |
|                                      |                                 |      | Legg-Calve-Perthes Disease (Coxa plana)                 |                                       |
|                                      |                                 |      | Adult Dysplasia of the Hip                              |                                       |
|                                      |                                 |      | Snapping Hip (Coxa Saltans)                             |                                       |
|                                      |                                 |      | Femoroacetabular Impingement                            |                                       |
|                                      |                                 |      | Hip Resurfacing   |                                       |
|                                      |                                 |      | Hip Arthrodesis   |                                       |
|                                      |                                 |      | Hip Arthroscopy   |                                       |
|                                      | <b>Tendon/tear</b>              | 3.9% | 5.85  | Piriformis Muscles Syndrome           |
|                                      |                                 |      |   | Hip Labral Tear                       |
|                                      | <b>Cartilage</b>                | 3.9% | 5.85  | Hip Osteoarthritis                    |
|                                      | <b>Osteonecrosis</b>            | 3.9% | 5.85  | Hip Osteonecrosis                     |
|                                      | <b>Nerve injury/compression</b> | 3.9% | 5.85  | THA Sciatic Nerve Palsy               |
|                                      | <b>Infection</b>                | 3.9% | 5.85  | Prosthetic Joint Infection            |
|                                      | <b>Heterotopic ossification</b> | 3.9% | 5.85  | Heterotopic Ossification              |
|                                      | <b>Synovitis</b>                | 3.9% | 5.85  |                                       |
|                                      | <b>Mechanical failure</b>       | 3.9% | 5.85  | Wear & Osteolysis Basic Science       |
|                                      |                                 |      |   | Catastrophic Wear & PE Sterilization  |
|                                      |                                 |      | THA Templating  |                                       |
|                                      |                                 |      | THA Stability Techniques                                |                                       |
|                                      |                                 |      | THA Implant Fixation                                    |                                       |
|                                      |                                 |      | THA Acetabular Screw Fixation                           |                                       |
|                                      |                                 |      | THA Aseptic Loosening                                   |                                       |
|                                      |                                 |      | THA Leg Length Discrepancy                              |                                       |
|                                      |                                 |      | THA Other Complications                                 |                                       |
|                                      |                                 |      | THA Revision  |                                       |
|                                      |                                 |      | THA Prosthesis Design                                   |                                       |
|                                      |                                 |      | Hip Anterior Approach (Smith-Petersen)                  |                                       |
|                                      |                                 |      | Extensile (extended iliofemoral) Approach to Acetabulum |                                       |
|                                      |                                 |      | Stoppa Approach   |                                       |
|                                      |                                 |      | Hip Anterolateral Approach (Watson-Jones)               |                                       |
|                                      |                                 |      | Hip Medial Approach                                     |                                       |
|                                      |                                 |      | THA Approaches  |                                       |
|                                      |                                 |      | Hip Direct Lateral Approach (Hardinge, Transgluteal)    |                                       |
|                                      |                                 |      | Hip Posterior Approach (Moore or Southern)              |                                       |
|                                      |                                 |      | THA Rehabilitation                                      |                                       |
| <b>Fractures (subtrochanteric)</b>   | 6%                              | 9    | Femoral Head Fractures                                  |                                       |
|                                      |                                 |      | Femoral Neck Fractures                                  |                                       |
|                                      |                                 |      | Intertrochanteric Fractures                             |                                       |
|                                      |                                 |      | Subtrochanteric Fractures                               |                                       |
|                                      |                                 |      | Femoral Neck Stress Fractures                           |                                       |
| <b>Knee joint 10-13%</b>             |                                 | 19.2 |   |                                       |
|                                      | <b>Dislocations/Instability</b> | 1.6% | 2.4   | Knee Dislocation                      |
|                                      | <b>Fracture</b>                 | 1.6% | 2.4   | Distal Femur Fractures                |
|                                      |                                 |      |   | Tibial Plateau Fractures              |
|                                      | <b>Arthritis, inflammatory</b>  | 1.6% | 2.4   | Spontaneous Osteonecrosis of the Knee |
|                                      |                                 |      |   | Hemochromatosis (4th topic)           |
|                                      |                                 |      |   | Lyme Disease                          |
|                                      |                                 |      |   | Psoriatic Arthritis                   |
|                                      | <b>Arthritis, degenerative</b>  | 1.6% | 2.4   | Knee Osteoarthritis                   |
|                                      |                                 |      |   | Hemophilic Arthropathy                |
|                                      |                                 |      |   | High Tibial Osteotomy                 |
|                                      |                                 |      |   | Unicompartmental Knee Replacement     |
|                                      | <b>Tendon/muscle</b>            | 1.6% | 2.4   | Knee Biomechanics                     |
|                                      |                                 |      |   | Ligaments of the Knee                 |
|                                      |                                 |      |   | ACL Tear                              |
|                                      |                                 |      | PCL Injury  |                                       |
|                                      |                                 |      | LCL Injury of the Knee                                  |                                       |
|                                      |                                 |      | MCL Knee Injuries                                       |                                       |
|                                      |                                 |      | Posterolateral Corner Injury                            |                                       |
| <b>Cartilage meniscal</b>            | 1.6%                            | 2.4  | Articular Cartilage Defects of Knee                     |                                       |
|                                      |                                 |      | Osteochondritis Dissecans                               |                                       |
|                                      |                                 |      | Meniscal Injury   |                                       |
|                                      |                                 |      | Discoid Meniscus  |                                       |
| <b>Osteonecrosis</b>                 | 1.6%                            | 2.4  | Osteonecrosis of the Knee                               |                                       |
| <b>Patellofemoral dislocation/in</b> | 1.6%                            | 2.4  | Patellar Instability                                    |                                       |
|                                      |                                 |      | Lateral Patellar Compression Syndrome                   |                                       |
|                                      |                                 |      | Patella Tendon Rupture                                  |                                       |

|                       |                                 |                               |       |   |
|-----------------------|---------------------------------|-------------------------------|-------|---|
|                       |                                 |                               |       | Bipartite Patella                               |
|                       |                                 |                               |       | Patella Fracture                                |
|                       |                                 |                               |       | Knee Arthrodesis                                |
|                       |                                 |                               |       | TKA Prosthesis Design                           |
|                       |                                 |                               |       | TKA Approaches                                  |
|                       |                                 |                               |       | Knee Arthroscopy                                |
|                       |                                 |                               |       | TKA Templating                                  |
|                       |                                 |                               |       | Knee Medial Parapatellar Approach               |
|                       |                                 |                               |       | Knee Medial Approach                            |
|                       |                                 |                               |       | TKA Axial Alignment                             |
|                       |                                 |                               |       | TKA Coronal Plane Balancing                     |
|                       |                                 |                               |       | Lateral Approach to the Knee                    |
|                       |                                 |                               |       | TKA Sagittal Plane Balancing                    |
|                       |                                 |                               |       | Knee Posterior Approach                         |
|                       |                                 |                               |       | TKA Patellofemoral Alignment                    |
|                       |                                 |                               |       | TKA in Patella Baja (Infera)                    |
|                       |                                 |                               |       | TKA Rehabilitation                              |
|                       |                                 |                               |       | TKA Periprosthetic Fracture                     |
|                       |                                 |                               |       | TKA Patellar Maltracking                        |
|                       |                                 |                               |       | Patellar Clunk Syndrome                         |
|                       |                                 |                               |       | TKA Peroneal Nerve Palsy                        |
|                       |                                 |                               |       | TKA Stiffness                                   |
|                       |                                 |                               |       | TKA Extensor Mechanism Rupture                  |
|                       |                                 |                               |       | TKA Instability                                 |
|                       |                                 |                               |       | TKA Patellar Prosthesis Loosening               |
|                       |                                 |                               |       | TKA Metal Hypersensitivity                      |
|                       |                                 |                               |       | TKA Wound Complication                          |
|                       |                                 |                               |       | TKA Revision                                    |
| Multiple Sites 5-9%   |                                 |                               |       |   |
|                       | <b>surgical procedures 3-6%</b> |                               |       |   |
|                       |                                 | <b>Thromboembolus</b>         | 2%    | 3   |
|                       |                                 | <b>Deep venous thrombosis</b> | 2%    | 3   |
|                       |                                 | <b>Coagulopathy</b>           | 2%    | 3   |
|                       | <b>0.5-1%</b>                   |                               |       |   |
|                       |                                 | <b>Rheumatoid</b>             | 0.50% | 0.75  |
|                       |                                 |                               |       | Fat Embolism Syndrome                           |
|                       |                                 |                               |       | Thromboembolism (PE & DVT)                      |
|                       |                                 |                               |       | Anticoagulation                                 |
|                       |                                 |                               |       | Osteopenia & Osteoporosis                       |
|                       |                                 |                               |       | Osteomalacia                                    |
|                       |                                 |                               |       | Ankylosing Spondylitis                          |
|                       |                                 |                               |       | DISH (Diffuse Idiopathic Skeletal Hyperostosis) |
|                       |                                 |                               |       | Rheumatoid Arthritis                            |
|                       |                                 |                               |       | Platelet-Rich Plasma                            |
|                       |                                 |                               |       | Gout  |
|                       |                                 |                               |       | The Female Athlete                              |
|                       |                                 |                               |       | Exercise Science                                |
|                       |                                 |                               |       | Pseudogout (CPPD)                               |
|                       |                                 |                               |       | Complex Regional Pain Syndrome (CRPS)           |
|                       |                                 |                               |       | Necrotizing Fasciitis                           |
|                       |                                 |                               |       | Tumoral Calcinosis                              |
|                       |                                 |                               |       | Diabetic Foot Charcot Neuropathy                |
|                       |                                 | <b>Septic</b>                 | 0.50% | 0.75  |
|                       |                                 |                               |       | Osteomyelitis - Adult                           |
|                       |                                 |                               |       | Wound & Hardware Infection                      |
|                       |                                 |                               |       | Septic Arthritis - Adult                        |
|                       |                                 |                               |       | Leg Compartment Syndrome                        |
|                       | <b>Other 1-4%</b>               |                               | 4%    | 6   |
| <b>NEOPLASMS 1-5%</b> |                                 |                               |       |   |
|                       | <b>Benign 1-3%</b>              |                               | 3%    | 4.5   |
|                       |                                 |                               |       | Osteoid Osteoma                                 |
|                       |                                 |                               |       | Enchondromas                                    |
|                       |                                 |                               |       | Osteochondroma & Multiple Hereditary Exostosis  |
|                       |                                 |                               |       | Chondroblastoma                                 |
|                       |                                 |                               |       | Fibrous Dysplasia                               |
|                       |                                 |                               |       | Paget's Disease                                 |
|                       |                                 |                               |       | Osteofibrous Dysplasia                          |
|                       |                                 |                               |       | Myositis Ossificans                             |
|                       |                                 |                               |       | Non-ossifying Fibroma                           |
|                       |                                 |                               |       | Giant Cell Tumor                                |
|                       |                                 |                               |       | Pigmented Villonodular Synovitis                |
|                       |                                 |                               |       | Synovial Chondromatosis                         |
|                       | <b>Malignant 0.5-2%</b>         |                               | 2%    | 3   |
|                       |                                 |                               |       | Intramedullary Osteosarcoma                     |
|                       |                                 |                               |       | Parosteal Osteosarcoma                          |
|                       |                                 |                               |       | Periosteal Osteosarcoma                         |
|                       |                                 |                               |       | Chondrosarcoma                                  |
|                       |                                 |                               |       | Metastatic Cancer of Extremity                  |
|                       |                                 |                               |       | Impending Fracture & Prophylactic Fixation      |

Ewing's Sarcoma  
Soft Tissue Sarcoma  
Synovial Sarcoma