2019 General MOC Blueprint					
Subspecialty	Field	Chapter	ABOS%	Questions	Orthobullets Target Topics (covered in plan)
General Principles 3-6%				**150**	
	Biostatistics/epidemiology 0.5-1%		**1.0%**	**1.5**	Level of Evidence
		• Interpretation of Epidemiologic Information	**0.3%**	**0.5**	Clinical Trial Design
		• Study Design and Interpretation	**0.3%**	**0.5**	Legal and Ethics
		• Hypothesis Testing and Statistical Interference	**0.3%**	**0.5**	Statistic Definitions
	Legal/ethical 0.5-1%		**1.0%**	**1.5**	
	Basic Science Principles 2-4%		**4.0%**	**6.0**	
		• Biology	**2.0%**	**3.0**	
		• Biomechanics	**2.0%**	**3.0**	
Spine 5-9%					
					Concussions (Mild Traumatic Brain Injury)
					Neck Injuries in Athletes
					Burners & Stingers
	Cervical 1-4%		**4.0%**	**6.0**	
		• Fracture/dislocation/instability	**0.8%**	**1.2**	Incomplete Spinal Cord Injuries
		• Spinal Cord Injury Syndromes	**0.8%**	**1.2**	Spinal Cord Injuries
		• Herniated Nucleus Pulposus	**0.8%**	**1.2**	Lumbar Disc Herniation
		• Arthritis, inflammatory (Rheumatoid)	**0.8%**	**1.2**	Rheumatoid Cervical Spondylitis
		• Arthritis, degenerative	**0.8%**	**1.2**	Odontoid Fracture (Adult and Pediatric)
	Thoracic 0.5-1%		**1.0%**	**1.5**	Cervical Facet Dislocations & Fractures
					Atlas Fracture & Transverse Ligament Injuries
					Atlantoaxial Instability
					Cervical Myelopathy
					Cervical Radiculopathy
		• Fracture/dislocation/instability	**0.2%**	**0.3**	Osteoporotic Vertebral Compression Fracture
		• Spinal Cord Injury Syndromes	**0.2%**	**0.3**	
		• Herniated Nucleus Pulposus	**0.2%**	**0.3**	Chance Fracture (flexion-distraction injury)
		• Arthritis, inflammatory (Rheumatoid)	**0.2%**	**0.3**	Thoracolumbar Burst Fractures
		• Arthritis, degenerative	**0.2%**	**0.3**	Thoracic Disc Herniation
	Lumbar 1-3%		**3.0%**	**4.5**	
		• Fracture/dislocation/instability	**0.6%**	**0.9**	Synovial Facet Cyst
		• Spinal Cord Injury Syndromes	**0.6%**	**0.9**	Cauda Equina Syndrome
		• Herniated Nucleus Pulposus	**0.6%**	**0.9**	Lumbar Spinal Stenosis
		• Arthritis, inflammatory (Rheumatoid)	**0.6%**	**0.9**	Degenerative Spondylolisthesis
		• Arthritis, degenerative	**0.6%**	**0.9**	Adult Isthmic Spondylolisthesis
	Nonspecific site 1-2%		**2.0%**	**3.0**	Adult Spinal Deformity
		• Infection	**1.0%**	**1.5**	Ankylosing Spondylitis
					DISH (Diffuse Idiopathic Skeletal Hyperostosis)
					Adult Pyogenic Vertebral Osteomyelitis
					Pediatric Spondylolisthesis & Spondylolysis
					Spinal Epidural Abscess
					Disk Space Infection - Pediatric
					Adolescent Idiopathic Scoliosis
					Congenital Scoliosis
		• Scoliosis not elsewhere classified	**1.0%**	**1.5**	Scheuermann's Kyphosis
Upper Extremities 32-36%					
	Scapula 0.5-1%		**1.0%**	**1.5**	Sternoclavicular Dislocation
	Shoulder joint 8-11%		**11.0%**	**16.5**	Scapulothoracic Dissociation
		• Dislocations/Instability	**1.0%**	**1.5**	Scapula Fractures
		• Fracture	**1.0%**	**1.5**	Clavicle Shaft Fx
		• Arthritis, inflammatory	**1.0%**	**1.5**	Distal Third Clavicle Fractures
		• Arthritis, degenerative	**1.0%**	**1.5**	Proximal Humerus Fractures
					Proximal Femur Fractures - Pediatric
		• Tendinitis	**1.0%**	**1.5**	Glenohumeral Joint Anatomy, Stabilizer, and Biomechanics
		• Tears	**1.0%**	**1.5**	Rotator Cuff Tears
		• Labral Injuries	**1.0%**	**1.5**	Rotator Cuff Arthropathy
		• Articular Injuries	**1.0%**	**1.5**	Calcific Tendonitis
		• Osteonecrosis	**1.0%**	**1.5**	Internal Impingement
		• Nerve injury/compression	**1.0%**	**1.5**	Subacromial Impingement
					Biceps Tendonitis
					Traumatic Anterior Shoulder Instability (TUBS)
					Posterior Instability & Posterior Dislocation
					Multidirectional Shoulder Instability (MDI)
					Posterior Labral Tear
					Glenohumeral Internal Rotation Deficit (GIRD)
					SLAP lesion
					Quadrilateral Space Syndrome
					Scapular Winging
					Suprascapular Neuropathy
					Pectoralis Major Rupture
					Triceps Rupture
					Acromio-Clavicular Injuries (AC Separation)
					Adhesive Capsulitis (Frozen Shoulder)
					Glenohumeral Arthritis
					Avascular Necrosis of the Shoulder
					Total Shoulder Arthroplasty
					Reverse Shoulder Arthroplasty
					Shoulder Hemiarthroplasty
					Shoulder Arthrodesis

					Medial Ulnar Collateral Ligament Injury (Valgus Instability)
					Valgus Extension Overload (Pitcher's Elbow)
					Lateral Epicondylitis (Tennis Elbow)
					Little League Elbow
					Distal Biceps Avulsion
					Elbow Stiffness and Contractures
					Elbow Total Arthroplasty
		• Infection	**1.0%**	**1.5**	Elbow Arthroscopy
	Humerus 2-4%		**4.0%**	**6.0**	Proximal Humerus Fracture - Pediatric
		• Proximal	**1.3%**	**2.0**	Distal Humerus Physeal Separation - Pediatric
		• Shaft	**1.3%**	**2.0**	Humeral Shaft Fractures
		• Distal	**1.3%**	**2.0**	Distal Humerus Fractures
	Elbow joint 3-6%		**6.0%**	**9.0**	
		• Dislocations/Instability	**0.8%**	**1.1**	Elbow Dislocation
		• Fracture	**0.8%**	**1.1**	Radial Head Fractures
		• Arthritis, inflammatory	**0.8%**	**1.1**	Terrible Triad Injury of Elbow
		• Arthritis, degenerative	**0.8%**	**1.1**	Olecranon Fractures
		• Tendinitis	**0.8%**	**1.1**	Capitellum Fractures
		• Tears	**0.8%**	**1.1**	Monteggia Fractures
		• Cartilage	**0.8%**	**1.1**	Galeazzi Fractures
					Supracondylar Fracture - Pediatric
					Lateral Condyle Fracture - Pediatric
					Medial Epicondylar Fractures - Pediatric
					Radial Head and Neck Fractures - Pediatric
		• Osteonecrosis	**0.8%**	**1.1**	Monteggia Fracture - Pediatric
					Both Bone Forearm Fracture - Pediatric
					Distal Radius Fractures - Pediatric
	Radius/ulna 4-7%		**7.0%**	**10.5**	
		• Proximal	**2.3%**	**3.5**	Radius and Ulnar Shaft Fractures
		• Shaft	**2.3%**	**3.5**	Distal Radius Fractures
		• Distal	**2.3%**	**3.5**	Boutonniere Deformity
	Wrist joint (including carpal bones) 2-4%		**4.0%**	**6.0**	Mallet Finger
		• Dislocations/Instability	**0.7%**	**1.0**	Jersey Finger
		• Fracture	**0.7%**	**1.0**	Quadriga Effect
		• Arthritis, inflammatory	**0.7%**	**1.0**	Carpal Tunnel Syndrome
		• Arthritis, degenerative	**0.7%**	**1.0**	AIN Compressive Neuropathy
		• Tendon/muscle	**0.7%**	**1.0**	Cubital Tunnel Syndrome
		• Cartilage	**0.7%**	**1.0**	Ulnar Tunnel Syndrome
	Hand 3-6%		**6.0%**	**9.0**	PIN Compression Syndrome
		• Dislocations/Instability	**1.2%**	**1.8**	Radial Tunnel Syndrome
		• Fractures	**1.2%**	**1.8**	De Quervain's Tenosynovitis
		• Arthritis, inflammatory, digits	**1.2%**	**1.8**	Trigger Finger
		• Arthritis, degenerative, digits	**1.2%**	**1.8**	Sagittal Band Rupture (traumatic extensor tendon dislocation)
		• Tendon/muscle	**1.2%**	**1.8**	Flexor Tendon Injuries
					Intersection Syndrome
					Scaphoid Fracture
					Hook of Hamate Fracture
					Pisiform Fracture
					Base of Thumb Fractures
					Metacarpal Fractures
					Phalanx Dislocations
					Phalanx Fractures
					Thumb Collateral Ligament Injury
					SLAC (Scaphoid Lunate Advanced Collapse)
					Lunate Dislocation (Perilunate dissociation)
					Ulnar Variance
					TFCC Injury
					Ulnocarpal Abutment Syndrome
					Kienbock's Disease
					Basilar Thumb Arthritis
					Dupuytren's Disease
					Extremity Flap Reconstruction
					Fingertip Amputations & Finger Flaps
					Replantation
					Skin Grafting
					Tendon Transfer Principles
					Peripheral Nerves Injury & Repair
					Radial Clubhand (radial deficiency)
					Madelung's Deformity
					Thumb Hypoplasia
					Ganglion Cysts
					Pyogenic Flexor Tenosynovitis
					Nail Bed Injury
					Complex Regional Pain Syndrome (CRPS)
					Wrist Arthroscopy
	Other/multiple sites, upper extremities 1-2%		**2.0%**	**3.0**	
Lower Extremities 35-39%					
					Pelvic Ring Fractures
					SI Dislocation & Crescent Fractures
					Sacral Fractures

					Acetabular Fractures
	Hip joint 7-10%		**10.0%**	**15.0**	
		• Dislocations/Instability	**1.7%**	**2.5**	Hip Dislocation
		• Fractures	**1.7%**	**2.5**	Femoral Head Fractures
					Distal Femoral Physeal Fractures - Pediatric
		• Arthritis, inflammatory	**1.7%**	**2.5**	Femoral Neck Fractures
		• Arthritis, degenerative	**1.7%**	**2.5**	Intertrochanteric Fractures
		• Tendon/tear	**1.7%**	**2.5**	Hip Osteonecrosis
		• Osteonecrosis	**1.7%**	**2.5**	Wear & Osteolysis Basic Science
					Catastrophic Wear & PE Sterilization
					Prosthetic Joint Infection
					THA Implant Fixation
					THA Prosthesis Design
					THA Techniques
					THA Stability Techniques
					THA Revision
	Femur 1-3%		**3.0%**	**4.5**	Hip Resurfacing
		• Fractures (subtrochanteric)	**3.0%**	**4.5**	THA Dislocation
	Knee joint 10-13%		**13.0%**	**19.5**	THA Periprosthetic Fracture
		• Dislocations/Instability	**1.9%**	**2.8**	THA Other Complications
					ACL Tear
					PCL Injury
					LCL Injury of the Knee
					MCL Knee Injuries
					Posterolateral Corner Injury
					Meniscal Injury
					Discoid Meniscus
					Patellar Instability
					Lateral Patellar Compression Syndrome
					Patella Tendon Rupture
					Articular Cartilage Defects of Knee
					Osteochondritis Dissecans
					High Tibial Osteotomy
					Iliac Crest Contusion (Hip Pointer)
					Anterior Superior Iliac Spine (ASIS) Avulsion
					Anterior Inferior Iliac Spine Avulsion (AIIS)
					Femoral Neck Stress Fractures
					Femoroacetabular Impingement
					Hip Arthroscopy
					Hamstring Injuries
					Tibial Shaft Stress Fractures
					Femoral Shaft Fractures - Pediatric
		• Fracture	**1.9%**	**2.8**	Distal Femur Fractures
		• Arthritis, inflammatory	**1.9%**	**2.8**	Patella Fracture
		• Arthritis, degenerative	**1.9%**	**2.8**	Knee Osteoarthritis
		• Tendon/muscle	**1.9%**	**2.8**	TKA Prosthesis Design
		• Osteonecrosis	**1.9%**	**2.8**	TKA Axial Alignment
		• Patellofemoral dislocation/instability	**1.9%**	**2.8**	TKA Patellofemoral Alignment
					TKA Coronal Plane Balancing
					TKA Sagittal Plane Balancing
					TKA Other Complications
					TKA Revision
	Tibia/fibula 4-7%		**7.0%**	**10.5**	Unicompartmental Knee Replacement
					Slipped Capital Femoral Epiphysis (SCFE)
					Legg-Calve-Perthes Disease
					Developmental Dysplasia of the Hip (DDH)
		• Fractures (plateau)	**1.2%**	**1.8**	Pediatric Abuse
		• Fractures	**1.2%**	**1.8**	Tibial Plateau Fractures
		• Fractures (pilon)	**1.2%**	**1.8**	Tibia Shaft Fractures
		• Tendon/muscle	**1.2%**	**1.8**	Tibial Plafond Fractures
		• Tendinitis	**1.2%**	**1.8**	Tibial Tubercle Fracture
		• Tears	**1.2%**	**1.8**	Tibial Eminence Fracture
	Ankle joint 1-4%		**4.0%**	**6.0**	Ankle Fractures - Pediatric
		• Dislocations/Instability	**0.8%**	**1.2**	Triplane Fractures
		• Fracture	**0.8%**	**1.2**	Ankle Fractures
		• Arthritis, inflammatory	**0.8%**	**1.2**	Tillaux Fractures
		• Arthritis, degenerative	**0.8%**	**1.2**	Osteomyelitis - Pediatric
		• Tendon/muscle	**0.8%**	**1.2**	Hip Septic Arthritis - Pediatric
	Foot 3-6%		**6.0%**	**9.0**	Charcot-Marie-Tooth Disease
		• Dislocations/Instability	**0.8%**	**1.1**	Talar Neck Fractures
		• Fracture	**0.8%**	**1.1**	Talus Fracture (other than neck)
		• Charcot Foot	**0.8%**	**1.1**	Subtalar Dislocations
		• Pes Planus	**0.8%**	**1.1**	Calcaneus Fractures
		• Pes Cavus	**0.8%**	**1.1**	Hallux Valgus
		• Arthritis, inflammatory (Rheumatoid)	**0.8%**	**1.1**	DJD & Hallux Rigidus
		• Arthritits, degenerative (osteoarthritis)	**0.8%**	**1.1**	Sesamoid Injuries of the Hallux
		• Cartilage	**0.8%**	**1.1**	Claw Toe
					Hammer Toe
					MTP Dislocations

					Posterior Tibial Tendon Insufficiency (PTTI)
					Achilles Tendon Rupture
					Achilles Tendonitis
					Peroneal Tendon Subluxation & Dislocation
					FHL Tendonitis & Injuries
					Plantar Fasciitis
					Ankle Sprain
					High Ankle Sprain & Syndesmosis Injury
					Lisfranc Injury (Tarsometatarsal fracture-dislocation)
					5th Metatarsal Base Fracture
					Metatarsal Fractures
					Tarsal Navicular Fractures
					Osteochondral Lesions of the Talus
					Tibiotalar Impingement
					Congenital Vertical Talus
					Clubfoot (congenital talipes equinovarus)
					Tarsal Coalition
					Ankle Arthritis
					Ankle Arthrodesis
					Diabetic Foot Ulcers
					Diabetic Foot Charcot Neuropathy
					Ankle Arthroscopy
	Other/multiple sites 1-2%		**2.0%**	**3.0**	
Multiple Sites 9-13%					Marfan Syndrome
	Multiple trauma 1-3%		**3.0%**	**4.5**	Infectious Diseases in Athletes
	Complications following surgical procedures 1-4%		**4.0%**	**6.0**	Cardiac Conditions
		• Thromboembolus	**2.0%**	**3.0**	The Female Athlete
		• Deep venous thrombosis	**2.0%**	**3.0**	Exercise Science
	Medical aspects of sports medicine 0.5-1%		**1.0%**	**1.5**	Steroids & Stimulants
	Arthritis/rheumatologic disease 1-3%		**3.0%**	**4.5**	Osteopenia & Osteoporosis
					Osteogenesis Imperfecta
					Rheumatoid Arthritis
					Rickets
					Bisphosphonates
					Thromboembolism (PE & DVT)
					Bone Signaling & RANKL
	Other 3-6%		**6.0%**	**9.0**	Anticoagulation
Neoplasms 3-7%					
	Benign 1-4%		**4.0%**	**6.0**	Osteoid Osteoma
					Intramedullary Osteosarcoma
					Parosteal Osteosarcoma
					Periosteal Osteosarcoma
					Telangiectatic Osteosarcoma
					Enchondromas
					Osteochondroma & Multiple Hereditary Exostosis
					Chondroblastoma
					Bone Grafting
					Chondrosarcoma
					Multiple Myeloma
					Lymphoma
					Non-ossifying Fibroma
					Unicameral Bone Cyst
					Aneurysmal Bone Cyst
					Fibrous Dysplasia
	Malignant 1-4%		**4.0%**	**6.0**	Osteofibrous Dysplasia
					Metastatic Disease of Extremity
					Paget's Disease
					Eosinophilic Granuloma
					Myositis Ossificans
					Heterotopic Ossification
					Metastatic Disease of Spine
					Tumoral Calcinosis
					Metastatic Disease of Extremity
					Giant Cell Tumor
					Ewing's Sarcoma
					Adamantinoma
					Soft Tissue Sarcoma
					Pigmented Villonodular Synovitis
					Synovial Chondromatosis
					Synovial Sarcoma
					Impending Fracture & Prophylactic Fixation
					Necrotizing Fasciitis
					Septic Arthritis - Adult
					Osteomyelitis - Adult
					Wound & Hardware Infection
					Gun Shot Wounds
					Leg Compartment Syndrome
					Amputations
					Open Fractures Management
					Evaluation, Resuscitation & DCO

					Trauma Scoring Systems
					Domestic and Elder Abuse