# ABOS 2019 Spine Recertification Exam Blueprint VS 2019 Spine MOC 90-Day Study Plan

| 2019 ABOS Breakdown | | Max % | Qs | Topics Covered From Orthobullets in Study Plan |
|---|---|---|---|---|
| **General Principles 1-5%** | | | | |
| **Biostatistics/epidemiology 1-2%** | | **2.0%** | **3.0** | |
| | **• Interpretation of Epidemiologic Information** | **0.7%** | **1.0** | Cervical Spine Trauma Evaluation |
| | **• Study Design and Interpretation** | **0.7%** | **1.0** | Evaluation, Resuscitation & DCO |
| | **• Hypothesis Testing and Statistical Interference** | **0.7%** | **1.0** | Gun Shot Wounds |
| **Basic Science Principles 1-3%** | | **3.0%** | **4.5** | Spinal Cord Injuries |
| | **• Biology** | **1.5%** | **2.3** | Incomplete Spinal Cord Injuries |
| | **• Biomechanics** | **1.5%** | **2.3** | Spine Biomechanics |
| **Spine 78-82%** | | | | |
| **Cervical 31-35%** | | **35.0%** | | |
| | **Cervical 1-3** | | | |
| | **• Fracture/dislocation/instability** | **2.1%** | **3.1** | Occipital Condyle Fractures |
| | **• Spinal Cord Injury Syndromes** | **2.1%** | **3.1** | Cervical Spine Anatomy |
| | **• Herniated Nucleus Pulposus** | **2.1%** | **3.1** | Occipitocervical Instability & Dislocation |
| | **• Arthritis, inflammatory (Rheumatoid)** | **2.1%** | **3.1** | Neck & Upper Extremity Spine Exam |
| | **• Arthritis, degenerative** | **2.1%** | **3.1** | Atlantoaxial Instability |
| | **• Torticollis (acquired, congenital)** | **2.1%** | **3.1** | Spinal Cord Anatomy |
| | **• Congenital anomalies (eg, Klippel-Feil syndrome)** | **2.1%** | **3.1** | Atlas Fracture & Transverse Ligament Injuries |
| | **• Spine, cervical 1-3, spondylolisthesis (nondegenerative)** | **2.1%** | **3.1** | Intervertebral Disc |
| | **• Spine, cervical 1-3, radiculopathy** | **2.1%** | **3.1** | Cervical Radiculopathy |
| | **Cervical 4-7** | | | |
| | **• Fracture/dislocation** | **2.1%** | **3.1** | Odontoid Fracture (Adult and Pediatric) |
| | **• Without spinal cord injury** | **2.1%** | **3.1** | Cervical Facet Dislocations & Fractures |
| | **• With spinal cord injury** | **2.1%** | **3.1** | Separation |
| | **• Spinal cord injury syndromes** | **2.1%** | **3.1** | Spinal Cord Monitoring |
| | **• Herniated Nucleus Pulposus** | **2.1%** | **3.1** | Lumbar Disc Herniation |
| | **• Arthritis, inflammatory** | **2.1%** | **3.1** | Basilar Thumb Arthritis |
| | **• Arthritis, degenerative** | **2.1%** | **3.1** | Glenohumeral Arthritis |
| | **• Torticollis (acquired, congenital)** | **2.1%** | **3.1** | Congenital Muscular Torticollis |
| **Thoracic 11-14%** | | **14.0%** | | |
| | **• Thoracolumbar** | **1.8%** | **2.6** | Thoracolumbar Burst Fractures |
| | **• Fracture/dislocation/instability** | **1.8%** | **2.6** | Chance Fracture (flexion-distraction injury) |
| | **• Spinal Cord Injury Syndromes** | **1.8%** | **2.6** | Thoracic Spine Anatomy |
| | **• Herniated Nucleus Pulposus** | **1.8%** | **2.6** | Thoracolumbar Fracture-Dislocation |
| | **• Arthritis, inflammatory (Rheumatoid)** | **1.8%** | **2.6** | Lumbar Spine Anatomy |
| | **• Arthritis, degenerative** | **1.8%** | **2.6** | Osteoporotic Vertebral Compression Fracture |
| | **• Kyphosis/lordosis** | **1.8%** | **2.6** | Lower Extremity Spine & Neuro Exam |
| | **• Congenital anomalies** | **1.8%** | **2.6** | Cauda Equina Syndrome |
| **Lumbar 18-24%** | | **24.0%** | | |
| | **• Fracture/dislocation/instability** | **4.0%** | **6.0** | Subaxial Cervical Vertebral Body Fractures |
| | **• Spinal Cord Injury Syndromes** | **4.0%** | **6.0** | Thoracic Disc Herniation |
| | **• Herniated Nucleus Pulposus** | **4.0%** | **6.0** | Lumbar Disc Herniation |
| | **• Arthritis, inflammatory (Rheumatoid)** | **4.0%** | **6.0** | Hip Osteoarthritis |
| | **• Arthritis, degenerative** | **4.0%** | **6.0** | Septic Arthritis - Adult |
| | **• Congenital anomalies** | **4.0%** | **6.0** | |
| **Nonspecific site 13-17%** | | **17.0%** | | |
| | **• Spinal cord injury not elsewhere classified** | **2.4%** | **3.6** | Spinal Cord Injuries |
| | **• Infection** | **2.4%** | **3.6** | Spinal Tuberculosis |
| | **• Scoliosis not elsewhere classified** | **2.4%** | **3.6** | Congenital Scoliosis |
| | **• Disseminated idiopathic skeletal hyperostosis** | **2.4%** | **3.6** | DISH (Diffuse Idiopathic Skeletal Hyperostosis) |
| | **• Spondylitis, ankylosing** | **2.4%** | **3.6** | Cubital Tunnel Syndrome |
| | **• Reiter syndrome** | **2.4%** | **3.6** | Reiter's |
| | **• Postoperative flat back syndrome** | **2.4%** | **3.6** | Spine Biomechanics |
| **Upper Extremities 1-4%** | | | | |
| **Scapula 1-2%** | | **2.0%** | | |
| | **• Neuropathy/nerve injury** | **2.0%** | **3.0** | Suprascapular Neuropathy |

| | | | | |
|---|---|---|---|---|
| **Shoulder joint 0.5-1%** | | **1.0%** | | |
| | **• Dislocations/Instability** | **0.1%** | **0.1** | Traumatic Anterior Shoulder Instability (TUBS) |
| | **• Fracture** | **0.1%** | **0.1** | Proximal Humerus Fractures |
| | **• Arthritis, inflammatory** | **0.1%** | **0.1** | Cubital Tunnel Syndrome |
| | **• Arthritis, degenerative** | **0.1%** | **0.1** | AC Arthritis |
| | **• Tendinitis** | **0.1%** | **0.1** | Calcific Tendonitis |
| | **• Tears** | **0.1%** | **0.1** | Rotator Cuff Tears |
| | **• Labral Injuries** | **0.1%** | **0.1** | Posterior Labral Tear |
| | **• Articular Injuries** | **0.1%** | **0.1** | Articular Cartilage |
| | **• Osteonecrosis** | **0.1%** | **0.1** | Glenohumeral Arthritis |
| | **• Nerve injury/compression** | **0.1%** | **0.1** | Suprascapular Neuropathy |
| | **• Infection** | **0.1%** | **0.1** | Shoulder Periprosthetic Infection |
| **Lower Extremities 0.5-1%** | | | | |
| **Other/multiple sites 0.5-1%** | | **1.0%** | | |
| | **• Neuromuscular disease** | **1.0%** | **1.5** | Neuromuscular Scoliosis |
| **Multiple Sites 4-8%** | | | | |
| **Complications following** | | **6.0%** | **9.0** | |
| **surgical procedures 3-** | **• Thromboembolus** | **2.0%** | **3.0** | Thromboembolism |
| | **• Deep venous thrombosis** | **2.0%** | **3.0** | Acute Subclavian Artery Thrombosis |
| | **• Coagulopathy** | **2.0%** | **3.0** | Trauma Scoring Systems |
| **Arthritis/rheumatologic** | | **2.0%** | **3.0** | |
| **disease 1-2%** | **• Rheumatoid** | **1.0%** | **1.5** | Rheumatoid Arthritis |
| | **• Septic** | **1.0%** | **1.5** | Septic Arthritis - Adult |
| **Other 0.5-1%** | | **1.0%** | **1.5** | |
| **Neoplasms 6-10%** | | | | |
| **Benign 1-4%** | | **4.0%** | **6.0** | Benign Bone Tumors |
| **Malignant 3-7%** | | **7.0%** | **10.5** | Metastatic Disease of Spine |
| **Other 0.5-1%** | | **1.0%** | **1.5** | Spinal Cord Tumors |