



2019 ABOS Breakdown			
General Principles 13-15%		Max %	Qs
<i>Infection/inflammatory</i>	2-5%	5%	7.5
juvenile rheumatoid arthritis			
Lyme disease			
septic arthritis			
discitis			
chronic recurrent multifocal osteomyelitis			
osteomyelitis			
MRSA			
necrotizing fasciitis			
pyomyositis			
<i>Tumor, benign and malignant, pathologic frac</i>	1-4%	4%	6
<i>Syndromes and dysplasias</i>	1-4%	4%	6

Topics Covered From Orthobullets in Study Plan
Juvenile Idiopathic Arthritis
Lyme Disease
Hip Septic Arthritis - Pediatric SI
Joint Infection
Transient Synovitis of Hip Psoas
Abscess - Pediatric Disk Space
Infection - Pediatric
Chronic Recurrent Multifocal Osteomyelitis
Osteomyelitis - Pediatric
Infectious Diseases in Athletes
Necrotizing Fasciitis
Poliomyelitis
Osteomyelitis
Osteofibrous dysplasia
NOF
Osteoid osteoma
Giant cell tumor
ABC
UBC
Osteochondroma & MHE
Chondroblastoma Osteomyelitis
Eosinophilic granuloma
Metastatic rhabdomyosarcoma
Metastatic neuroblastoma
Leukemia
Osteosarcoma
Ewing's
Desmoplastic fibroma
Leukemia
Lymphoma
Sacral Agenesis
Friedreich's Ataxia
Larsen's Syndrome
Duchenne Muscular Dystrophy
Facioscapulohumeral Muscular Dystrophy
Multiple Epiphyseal Dysplasia (MED)
Spondyloepiphyseal Dysplasia (SED)
Diastrophic Dysplasia
Kniest's Dysplasia
Metaphyseal Chondrodysplasia
Cleidocranial Dysplasia (Dysostosis)
Mucopolysaccharidoses
Prader-Willi Syndrome

metabolic syndromes
 osteogenesis imperfecta
 Marfan's syndrome
 Down syndrome
 achondroplasia
 neurofibromatosis

fibrous dysplasia

Growth and development, including the phys: 1-2% 2% 3

Neuromuscular 7-9% **7-9%** **9%** **13.5**

Cerebral palsy, including gait 1-4% 4% 6

Spina bifida 0.5-1% 1% 1.5

Spinal muscular atrophy/muscular dystrophy 1-2% 2% 3

Charcot-Marie-Tooth disease, peripheral neu 0.5-1% 1% 1.5

Arthrogryposis 0.5-1% 1% 1.5

Upper Extremities 2-6% **2-6%** **6%** **9**

Limb deficiencies/deformities 0.5-1% 1% 1.5

Brachial plexus 0.5-1% 1% 1.5

Syndactyl 1-2% 2% 3

Turner's Syndrome
 Rett Syndrome
 Beckwith-Wiedemann Syndrome
 Ehlers-Danlos Syndrome
 Gaucher Disease
 Fetal Alcohol Syndrome
 Hemophilia
 Sickle Cell Anemia
 Dysplasia Epiphysealis Hemimelica
 Goldenhar Syndrome
 Osteopetrosis Osteogenesis
 Imperfecta
 Marfan Syndrome
 Down Syndrome
 Achondroplasia
 Neurofibromatosis
 Rickets
 Fibrous dysplasia
 Embryology
 Endochondral Bone Formation
 Bone Remodeling

Cerebral Palsy - General
 Cerebral Palsy - Hip Conditions
 Cerebral Palsy - Gait Disorders
 Cerebral Palsy - Foot Conditions
 Cerebral Palsy - Upper Extremity Disorders
 Myelodysplasia (myelomeningocele, spinal
 Spinal Muscular Atrophy
 Charcot-Marie-Tooth Disease (peroneal
 muscular atro
 Arthrogryposis
 Sprengel's Deformity
 Congenital Pseudoarthrosis of Clavicle
 Congenital Amputations
 Obstetric Brachial Plexopathy (Erb's,
 Klumpke's Palsy Radial Clubhand
 Ulnar Club Hand
 Congenital Radial Head Dislocation
 Madelung's Deformity
 Congenital Radial Ulnar Synostosis Cleft
 Hand
 Symphalangism
 Camptodactyly
 Clinodactyly
 Syndactyly
 Poland Syndrome
 Apert Syndrome

Lower Extremities 23-27% **23-27%** **27%** **40.5***Hip* 5-9% 9% 13.5

Legg-Calve-Perthes disease
developmental dysplasia of the hip
slipped capital femoral epiphysis
osteonecrosis
femoral acetabular impingement
coxa vara

Limb deficiency 1-3% 3% 4.5

proximal femoral focal deficiency
tibial and fibular hemimelia

amputation

Foot 3-6% 6% 9

club foot
congenital vertical talus
flatfoot
coalitions
accessory navicular
bunions
cavus

polydactyly

Torsional and angular deformity 1-4% 4% 6

Polydactyly of Hand
Macrodactyly (local gigantism)
Constrictive Ring Syndrome
Streeter's Dysplasia
Thumb Hypoplasia
Congenital Trigger Thumb
Congenital Clasped Thumb

Legg-Calve-Perthes Disease (Coxa plana)
Developmental Dysplasia of the Hip
Slipped Capital Femoral Epiphysis
Hip Osteonecrosis Bladder
Extrophy Developmental
Coxa Vara

Proximal Femoral Focal Deficiency
Fibular Deficiency (anteromedial bowing)
Anterolateral Bowing & Congenital
Pseudoarthrosis
of Posteromedial Tibial Bowing
Tibial Deficiency
Amputations
Clubfoot (congenital talipes equinovarus)
Congenital Vertical Talus (convex pes valgus)
Flexible Pes Planovalgus (Flexible Flatfoot)
Tarsal Coalition
Accessory Navicular
Hallux Valgus
Cavovarus Foot in Pediatrics & Adults
Equinovarus Foot
Equinovalgus Foot
Kohler's Disease
Calcaneovalgus Foot
Iselin's

Congenital Hallux Varus (Atavistic Great Toe)
Syndactyly of the Toes
Polydactyly of Foot
Oligodactyly
Overlapping Toe
Congenital Curly Toe
Brachymetatarsia
Local Gigantism
Epiphyseal bracket

Femoral Anteversion
Internal Tibial Torsion
External Tibial Torsion

Blount's disease

tibial bowing

Limb-length discrepancy 1-2% 2% 3

Spine 10-14%

Idiopathic scoliosis 0.5-1% 1% 1.5

Kyphosis 0.5-1% 1% 1.5

Cervical spine, torticollis, instability, congenit 0.5-1% 1% 1.5

Congenital scoliosis, early onset 0.5-1% 1% 1.5

Spondylolysis, spondylolisthesis, back pain, 0.5-1% 1% 1.5

Neuromuscular spine 0.5-1% 1% 1.5

Trauma/Sports 33-37% 33-37% 37% 55.5

Child Abuse 0.5-1% 1% 1.5

Shoulder/ clavicle 1-2% 2% 3

Instability

Elbow 3-7% 7% 10.5

supracondylar

medial epicondylar

lateral condyle

radial head

osteochondritis dissecans

dislocations

transphyseal humerus

Metatarsus

Adductus

Hemihypertrophy

Leg Length Discrepancy (LLD)

Congenital Dislocation of the Knee

Congenital Dislocation of Patella

Popliteal Cyst in Children

Bipartite Patella

Infantile Blount's Disease (tibia vara)

Adolescent Blount's Disease

Genu Valgum (knocked knees)

Fibular Deficiency (anteromedial bowing)

Anterolateral Bowing & Congenital

Pseudoarthrosis of Posteromedial

Tibial Bowing

Adolescent Idiopathic Scoliosis

King Classification of AIS

Lenke Classification of AIS

Scheuermann's Kyphosis

Atlantoaxial Rotatory Displacement

(AARD) Congenital Muscular Torticollis

Klippel-Feil Syndrome

Congenital Scoliosis

Infantile Idiopathic Scoliosis

Juvenile Idiopathic Scoliosis

Pediatric Spondylolisthesis &

Spondylolysis Neuromuscular Scoliosis

Cerebral Palsy - Spinal

Disorders Pathologic Scoliosis

Pediatric Abuse

Physeal Considerations

Medial Clavicle Physeal FX

Distal Clavicle Physeal FX

Proximal Humerus Fracture - Pediatric

Humerus Shaft Fracture - Pediatric

Distal Humerus Physeal Separation -

Pediatric

Supracondylar Fracture - Pediatric

Medial Epicondylar FX - Pediatric

Lateral Condyle Fracture - Pediatric

Olecranon FX - Pediatric

Radial Head and Neck FX - Pediatric

Nursemaid's Elbow

Elbow Dislocation - Pediatric

olecranon				
instability				
<i>Wrist/ forearm</i>	1-3%	3%	4.5	
monteggia fractures				
acute scaphoid fractures				
<i>Hand</i>	0.5-1%	1%	1.5	
<i>Pelvis/ hip</i>	1-2%	2%	3	
<i>Femoral shaft</i>	1-2%	2%	3	
<i>Knee</i>	4-8%	8%	12	
anterior cruciate ligament				
meniscus				
osteochondritis dissecans				
physeal injuries				
tibial spine				
vascular injuries				
patellar instability				
<i>Spine</i>	0.5-1%	1%	1.5	
cervical				
thoracolumbar				
<i>Tibia</i>	0.5-1%	1%	1.5	
<i>Foot/ankle</i>	1-3%	3%	4.5	
Tillaux fractures				
triplane fractures				
talus				
ankle sprain				

Both Bone Forearm Fracture - Pediatric
 Distal Radius FX - Pediatric

Monteggia Fracture - Pediatric
 Galeazzi Fracture - Pediatric

Traumatic Hip Dislocation - Pediatric
 Pelvis FX - Pediatric
 Proximal Femur FX - Pediatric
 Anterior Superior Iliac Spine (ASIS) Avulsion
 Anterior Inferior Iliac Spine Avulsion (AIIS)
 Femoroacetabular Impingement
 Femoral Neck Stress FX

Femoral Shaft FX - Pediatric
 Distal Femoral Physeal FX - Pediatric

ACL Tear
 The Female Athlete
 Meniscal Injury
 Discoid Meniscus
 Sinding-Larsen-Johansson Syndrome
 Osgood Schlatter's Disease

Articular Cartilage Defects of Knee
 Osteochondritis Dissecans
 Proximal Tibia Epiphyseal FX - Pediatric
 Proximal Tibia Metaphyseal FX - Pediatric
 Tibial Eminence Fracture
 Tibial Tubercle Fracture

Patellar Instability
 Patella Sleeve Fracture
 Lateral Patellar Compression Syndrome
 Idiopathic Chondromalacia Patellae

Pediatric Spinal Cord Injury
 Pediatric Cervical Trauma Overview
 Pseudosubluxation of the Cervical Spine
 Concussions & Head Injuries

Tibia Shaft Fracture - Pediatric
 Tibial Shaft Stress FX

Ankle FX - Pediatric
 Tillaux FX
 Triplane FX
 High Ankle Sprain & Syndesmosis Injury
 Low Ankle Sprain

Lisfranc injuries
penetrating injuries

<i>Overuse injuries</i>	0.5-1%	1%	1.5
stress fractures			
Sever's disease			
patellar tendinitis			
<i>Trauma principles</i>	1-2%	2%	3
polytrauma			
open fractures			
compartment syndrome			

Lisfranc Injury

Puncture Wound Infections
Foot Infections

Sever's disease
5th Metatarsal Base Fracture
Patellar Tendinitis

Pediatric Evaluation & Resuscitation
Open FX Management
Leg Compartment Syndrome
Hand & Forearm Compartment Syndrome
Forearm Compartment Syndrome - Neonate
Foot Compartment Syndrome
Necrotizing Fasciitis