

ABOS BLUEPRINT	ABOS % MAX % Qs			TOPICS COVERED ON ORTHOBULLETS IN STUDY PLAN
General 13-15%	13-15%			
<i>Infection/inflammatory</i>	2-5%	5%	7.5	
juvenile rheumatoid arthritis				Juvenile Idiopathic Arthritis
Lyme disease				Lyme Disease
septic arthritis				Hip Septic Arthritis - Pediatric
				SI Joint Infection
				Transient Synovitis of Hip
				Psoas Abscess - Pediatric
				Disk Space Infection - Pediatric
discitis				Chronic Recurrent Multifocal Osteomyelitis
chronic recurrent multifocal osteomyelitis				Osteomyelitis - Pediatric
osteomyelitis				Infectious Diseases in Athletes
MRSA				Necrotizing Fasciitis
necrotizing fasciitis				Poliomyelitis
pyomyositis				Osteomyelitis
<i>Tumor, benign and malignant, pathologic frac</i>	1-4%	4%	6	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
<i>Syndromes and dysplasias</i>	1-4%	4%	6	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				Turner's Syndrome
osteogenesis imperfecta				Rett Syndrome
Marfan's syndrome				Beckwith-Wiedemann Syndrome
Down syndrome				Ehlers-Danlos Syndrome
achondroplasia				Gaucher Disease
neurofibromatosis				Fetal Alcohol Syndrome
				Hemophilia
				Sickle Cell Anemia
				Dysplasia Epiphysealis Hemimelica (Trevor's Disease)
				Goldenhar Syndrome
				Osteopetrosis
				Osteogenesis Imperfecta
				Marfan Syndrome
				Down Syndrome
				Achondroplasia
				Neurofibromatosis
				Rickets
				Fibrous dysplasia
fibrous dysplasia				Embryology
				Endochondral Bone Formation
				Bone Remodeling
<i>Growth and development, including the phys:</i>	1-2%	2%	3	
<b>Neuromuscular 7-9%</b>	<b>7-9%</b>	<b>9%</b>	<b>13.5</b>	
<i>Cerebral palsy, including gait</i>	1-4%	4%	6	Cerebral Palsy - General
				Cerebral Palsy - Hip Conditions
				Cerebral Palsy - Gait Disorders
				Cerebral Palsy - Foot Conditions
				Cerebral Palsy - Upper Extremity Disorders
				Myelodysplasia (myelomeningocele, spinal bifida)
<i>Spina bifida</i>	0.5-1%	1%	1.5	Spinal Muscular Atrophy
<i>Spinal muscular atrophy/muscular dystrophy</i>	1-2%	2%	3	Charcot-Marie-Tooth Disease (peroneal muscular atrophy)
<i>Charcot-Marie-Tooth disease, peripheral neuropathy</i>	0.5-1%	1%	1.5	Arthrogryposis
<i>Arthrogryposis</i>	0.5-1%	1%	1.5	
<b>Upper Extremities 2-6%</b>	<b>2-6%</b>	<b>6%</b>	<b>9</b>	
<i>Limb deficiencies/deformities</i>	0.5-1%	1%	1.5	Sprengel's Deformity
				Congenital Pseudoarthrosis of Clavicle
				Congenital Amputations
				Obstetric Brachial Plexopathy (Erb's, Klumpke's Palsy)
<i>Brachial plexus</i>	0.5-1%	1%	1.5	Radial Clubhand (radial deficiency)
<i>Syndactyly</i>	1-2%	2%	3	Ulnar Club Hand
				Congenital Radial Head Dislocation
				Madelung's Deformity
				Congenital Radial Ulnar Synostosis
				Cleft Hand
				Symphalangism
				Camptodactyly
				Clinodactyly
				Syndactyly
				Poland Syndrome
				Apert Syndrome

				<ul style="list-style-type: none"> <li>Polydactyly of Hand</li> <li>Macrodactyly (local gigantism)</li> <li>Constrictive Ring Syndrome</li> <li>Streeter's Dysplasia</li> <li>Thumb Hypoplasia</li> <li>Congenital Trigger Thumb</li> <li>Congenital Clapsed Thumb</li> </ul>
<b>Lower Extremities 23-27%</b>	<b>23-27%</b>	<b>27%</b>	<b>40.5</b>	
<i>Hip</i>	5-9%	9%	13.5	
Legg-Calve-Perthes disease				Legg-Calve-Perthes Disease (Coxa plana)
developmental dysplasia of the hip				Developmental Dysplasia of the Hip
slipped capital femoral epiphysis				Slipped Capital Femoral Epiphysis
osteonecrosis				Hip Osteonecrosis
femoral acetabular impingement				Bladder Extrophy
coxa vara				Developmental Coxa Vara
<i>Limb deficiency</i>	1-3%	3%	4.5	
proximal femoral focal deficiency				Proximal Femoral Focal Deficiency
tibial and fibular hemimelia				Fibular Deficiency (anteromedial bowing)
				Anterolateral Bowing & Congenital Pseudoarthrosis of Tibia
				Posteromedial Tibial Bowing
				Tibial Deficiency
amputation				Amputations
<i>Foot</i>	3-6%	6%	9	
club foot				Clubfoot (congenital talipes equinovarus)
congenital vertical talus				Congenital Vertical Talus (convex pes valgus)
flatfoot				Flexible Pes Planovalgus (Flexible Flatfoot)
coalitions				Tarsal Coalition
accessory navicular				Accessory Navicular
bunions				Hallux Valgus
cavus				Cavovarus Foot in Pediatrics & Adults
				Equinovarus Foot
				Equinovalgus Foot
polydactyly				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
<i>Torsional and angular deformity</i>	1-4%	4%	6	
				Femoral Anteversion
				Internal Tibial Torsion
				External Tibial Torsion

Blount's disease				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)
tibial bowing				Fibular Deficiency (anteromedial bowing)
				Anterolateral Bowing & Congenital Pseudoarthrosis of
				Posteromedial Tibial Bowing
<i>Limb-length discrepancy</i>	1-2%	2%	3	
<b>Spine 10-14%</b>				
<i>Idiopathic scoliosis</i>	0.5-1%	1%	1.5	Adolescent Idiopathic Scoliosis
				King Classification of AIS
				Lenke Classification of AIS
<i>Kyphosis</i>	0.5-1%	1%	1.5	Scheuermann's Kyphosis
<i>Cervical spine, torticollis, instability, congenit</i>	0.5-1%	1%	1.5	Atlantoaxial Rotatory Displacement (AARD)
				Congenital Muscular Torticollis
				Klippel-Feil Syndrome
<i>Congenital scoliosis, early onset</i>	0.5-1%	1%	1.5	Congenital Scoliosis
				Infantile Idiopathic Scoliosis
				Juvenile Idiopathic Scoliosis
<i>Spondylolysis, spondylolisthesis, back pain, i</i>	0.5-1%	1%	1.5	Pediatric Spondylolisthesis & Spondylolysis
<i>Neuromuscular spine</i>	0.5-1%	1%	1.5	Neuromuscular Scoliosis
				Cerebral Palsy - Spinal Disorders
				Pathologic Scoliosis
<b>Trauma/Sports 33-37%</b>				
<i>Child Abuse</i>	0.5-1%	1%	1.5	Pediatric Abuse
<i>Shoulder/ clavicle</i>	1-2%	2%	3	
Instability				Physeal Considerations
				Medial Clavicle Physeal FX
				Distal Clavicle Physeal FX
				Proximal Humerus Fracture - Pediatric
				Humerus Shaft Fracture - Pediatric
				Distal Humerus Physeal Separation - Pediatric
<i>Elbow</i>	3-7%	7%	10.5	
supracondylar				Supracondylar Fracture - Pediatric
medial epicondylar				Medial Epicondylar FX - Pediatric
lateral condyle				Lateral Condyle Fracture - Pediatric
radial head				Olecranon FX - Pediatric
osteochondritis dissecans				Radial Head and Neck FX - Pediatric
dislocations				Nursemaid's Elbow
transphyseal humerus				Elbow Dislocation - Pediatric

olecranon				Both Bone Forearm Fracture - Pediatric
instability				Distal Radius FX - Pediatric
<i>Wrist/ forearm</i>	1-3%	3%	4.5	
monteggia fractures				Monteggia Fracture - Pediatric
acute scaphoid fractures				Galeazzi Fracture - Pediatric
<i>Hand</i>	0.5-1%	1%	1.5	
<i>Pelvis/ hip</i>	1-2%	2%	3	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
<i>Femoral shaft</i>	1-2%	2%	3	Femoral Shaft FX - Pediatric
				Distal Femoral Physeal FX - Pediatric
<i>Knee</i>	4-8%	8%	12	
anterior cruciate ligament				ACL Tear
				The Female Athlete
meniscus				Meniscal Injury
				Discoid Meniscus
				Sinding-Larsen-Johansson Syndrome
				Osgood Schlatter's Disease (Tibial Tubercle Apophysis)
				Articular Cartilage Defects of Knee
osteochondritis dissecans				Osteochondritis Dissecans
physeal injuries				Proximal Tibia Epiphyseal FX - Pediatric
				Proximal Tibia Metaphyseal FX - Pediatric
tibial spine				Tibial Eminence Fracture
				Tibial Tubercle Fracture
vascular injuries				
patellar instability				Patellar Instability
				Patella Sleeve Fracture
				Lateral Patellar Compression Syndrome
				Idiopathic Chondromalacia Patellae
<i>Spine</i>	0.5-1%	1%	1.5	
cervical				Pediatric Spinal Cord Injury
				Pediatric Cervical Trauma Overview
				Pseudosubluxation of the Cervical Spine
				Concussions & Head Injuries
thoracolumbar				
<i>Tibia</i>	0.5-1%	1%	1.5	Tibia Shaft Fracture - Pediatric
				Tibial Shaft Stress FX
<i>Foot/ankle</i>	1-3%	3%	4.5	
Tillaux fractures				Ankle FX - Pediatric
triplane fractures				Tillaux FX
talus				Triplane FX
ankle sprain				High Ankle Sprain & Syndesmosis Injury
				Low Ankle Sprain

Lisfranc injuries				Lisfranc Injury (Tarsometatarsal fracture-dislocation)
penetrating injuries				Puncture Wound Infections
<i>Overuse injuries</i>	0.5-1%	1%	1.5	Foot Infections
stress fractures				Sever's disease
Sever's disease				5th Metatarsal Base Fracture
patellar tendinitis				Patellar Tendinitis
<i>Trauma principles</i>	1-2%	2%	3	Pediatric Evaluation & Resuscitation
polytrauma				Open FX Management
open fractures				Leg Compartment Syndrome
compartment syndrome				Hand & Forearm Compartment Syndrome
				Forearm Compartment Syndrome - Neonate
				Foot Compartment Syndrome
				Necrotizing Fasciitis