

SAN DIEGO SPORTS MEDICINE AND FAMILY HEALTH CENTER

CLINICAL ROTATION

I. COMPONENTS AND OVERVIEW OF SAN DIEGO SPORTS MEDICINE FAMILY HEALTH CENTER ROTATION: a comprehensive center with four separate but interrelated departments, as follows:

A. FAMILY PRACTICE AND SPORTS MEDICINE

1. Richard Parker, D.O., F.A.O.A.S.M.
2. Jeffrey Anthony, D.O., F.A.A.F.P.
3. Lee Ralph, M.D., F.A.A.F.P.
4. Allen Richburg, M.D., M.S., F.A.A.F.P.
5. Michelle Look, M.D., F.A.A.F.P.
6. Yaroslav Y. Pogorelov, M.D.
7. Scott R. Evans, M.D.
8. Stephen J. Rohrer, D.O.
9. Christine Y. Ko, M.D.
10. Rebeccah R. Rodriguez, D.O., Fellow

B. ORTHOPEDICS

1. Scott Hacker, M.D.
2. Mark Jacobson, M.D.
3. John Finkenberg, M.D.
4. James Bates, M.D.
5. Eric Horton, M.D.
6. Ralph Rynning, M.D.

C. HEALTH ENHANCEMENT

1. Kathleen Rusk, PA-C. - Health Enhancement

D. PHYSICAL THERAPY

1. Chad Neubrand, M.P.T.
2. Elizabeth Stelter, M.S., P.T.
3. Denise O'Hagan, , M.S., P.T.
4. William Taylor, P.T.A., OTC.

II. EXPECTATIONS AND GOALS OF THE ROTATION

(Recommend previewing #1 (Roy & Irvin) on reading list prior to rotation.)

A. FAMILY PRACTICE AND SPORTS MEDICINE

1. Spend 2-3 weeks with the doctors in the office.
2. Rotate with the physician who is seeing patients. Initially more observation with increasing participation and responsibility according to ability.

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3. Opportunity to observe orthopedic surgery at Alvarado Hospital or other surgery centers with the assisting doctor.
4. Accompany attending physician to assist in coverage at clinics and/or games (SDSU, Grossmont, Olympic Training Center, High Schools, according to

availability, season, etc.) and special workshops/events.

5. Impromptu journal articles - review with doctors.

B. ORTHOPEDICS

1. Spend time observing patients with orthopedists as time/availability allows.

C. HEALTH ENHANCEMENT

1. Beginning in the 2nd or 3rd week of rotation; duration 3-5 days dependent on schedule; alternate with clinics.
2. Assist in recording measurements for computation of body composition.
3. Assist in stress EKG's.
4. Become familiar with:
 - a. ROM of extremities
 - b. Pulmonary function tests
 - c. Measurements used for determining body composition.
 - d. Exercise treadmill tests.
 - e. Personalized fitness tests.
 - f. Exercise prescription for a variety of populations.
 - g. Setting up life re-styling for corporate fitness programs in the community.

D. PHYSICAL THERAPY

1. 3-5 days of rotation, beginning in week 2 or 3.
2. Observe ATC's and PT's.
3. Learn the differences and the similarities between the two.
4. Become familiar with all the different modalities used in patient rehabilitation and treatment.
5. Observe different techniques used in the rehabilitation of musculoskeletal injuries.

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6. Attend PT in-services.
7. Observe and learn the techniques used to place patients on general conditioning programs.

III. READING AND REFERENCE MATERIAL

A. Family Practice and Sports Medicine

1. "Sports Medicine", Roy and Irvin.
2. "The Team Physician Handbook", 2nd Edition Mellion, Walsh, Shelton
3. "ACSM's Essentials of Sports Medicine", Sallis-Massimo

B. Health Enhancement

1. "Electrocardiology," Dubin.
2. ACSM Guidelines
3. "Exercise Prescription for a Special Population," Pollack.

C. Physical Therapy

1. "Physical Examination of the Spine and Extremities," Hoppenfeld.