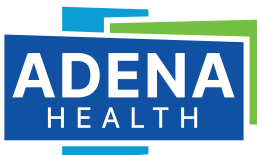




# Primary Care Sports Medicine Fellowship Program

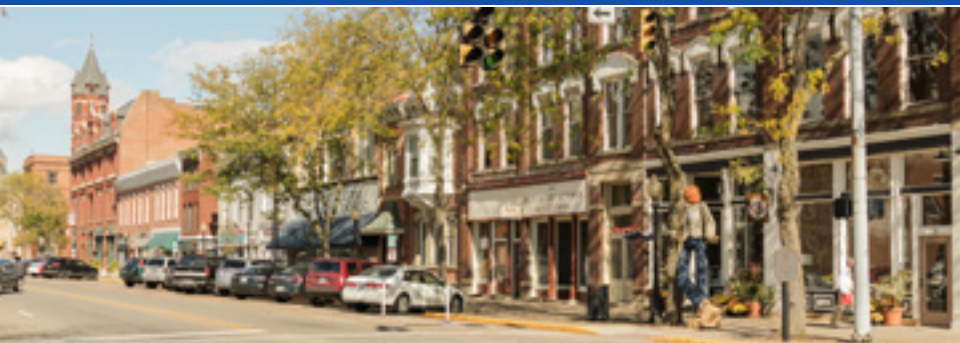


Orthopedic and  
Spine Institute

## About Chillicothe, Ohio

Chillicothe is located in southern Ohio in the foothills of the Appalachian Region. We are located 45 miles south of Columbus, Ohio, 70 miles east of Dayton, Ohio, and 85 miles northeast of Cincinnati, Ohio. Chillicothe is a town of 22,000 people in Ross County, which is home to 77,000 people.

Ross County offers outdoor enthusiasts five state parks, one national historic park (now also a newly elected UNESCO World Heritage site), and over 200 miles of hiking, biking, jogging, and bridle trails to enjoy.



**Adena Health has been serving generations of people in south central and southern Ohio for more than 125 years.** Since 1895, we've remained focused on our commitment to provide patients with the best healthcare and personal service. Our organization has proudly served as a loyal, reliable and hardworking partner for the communities we serve. As a non-profit hospital, founded on religious beliefs, Adena Health treats every patient with respect and compassion.

Today, Adena Health includes four hospitals in Chillicothe, Waverly, Greenfield and Washington Court House, as well as and six regional clinics - with a total of 341 beds. We provide quality healthcare for the more than 400,000 people who call south central and southern Ohio home.

**With more than 4,000 employees, Adena serves as an economic catalyst for the region.** The Adena Orthopedic and Spine Institute(AOSI) offers nationally accredited orthopedic and specialized care programs.

Excluding the family medicine longitudinal clinic time, off-site electives, and on-site sports coverage, the fellow will spend the majority of their time in this state-of-the-art facility that opened in September 2021.

- The AOSI is home to nationally accredited orthopedics programs and specialized care for orthopedics, spine, sports medicine, neurology, podiatry, and interventional pain management.

- Adena's joint replacement program, which uses the Mako robotic system, has been awarded Advanced Total Hip and Knee Replacement Certification from The Joint Commission, and the American Academy of Orthopaedic Surgeons.
- This 110,000 sq. ft. facility includes 80 exam suites, six operating rooms and clinical operations for orthopedics, neurology, podiatry, sports medicine, spine, and interventional pain management.

**Join a unique opportunity to partner with Primary Care Sports Medicine and Orthopedic Surgeons through the Sports Medicine Fellowship.** The fellowship offers a unique rural experience in a large multispecialty orthopedic and spine office - with a plethora of acute and chronic injuries. Our primary care sports medicine physicians work closely with orthopedic surgeons, foot/ankle surgeons, spine surgeons, interventional pain management physicians, and neurologists to care for a population spanning a nine-county service area. Rotations will offer a mix fracture care, sports injuries, chronic orthopedic/musculoskeletal complaints, dedicated procedure visits, and imaging reviews with the opportunity to work with patients at varying ages.



## Program benefits

- Comprehensive clinical experience resulting in a strong foundation for a career in sports medicine - especially as it pertains to non-operative orthopedic care in a rural setting
- Broad sports medicine exposure to high school athlete care/injuries through sideline and training room coverage
- Experience in planning and execution of medical coverage for mass participation events
- Training in medical care of non-traditional sports (i.e. climbing, rafting, hiking, caving) through a 4-week Wilderness Medicine elective with the National Outdoor Leadership School (NOLS) or the Wilderness Medical Society.
  - Additional certification in wilderness medicine
  - Costs covered by Adena Health



## **Clinical Rotations**

Longitudinal experiences are divided into monthly clinical blocks. Blocks include sports medicine, orthopedics, academic time, and longitudinal primary care experiences. They may also include other experiences; musculoskeletal radiology, physical therapy, interventional spine, spine surgery, or elective time.



## **Primary Care Sports Medicine**

Clinic time within the Sports Medicine Clinic will offer a broad exposure to different ages and conditions including sprains, strains, back/neck pain, osteoarthritis, non-operative fracture care, concussions. procedures include fracture reduction, injections (corticosteroids, visco-supplementation, PRP/ACP), ultrasound guided procedures, and concussion testing.



## **Orthopedic Surgery Specialties**

Clinic and OR time within Sports Medicine, Hand/Upper Extremity, Adult Reconstruction, Foot/Ankle



## **Spine**

Clinic and Procedure time with Interventional Spine and Spine Surgery (both neurosurgery and orthopedic spine surgery).



### **MSK Radiology**

Exposure to interpretation of MSK imaging modalities under the direction of an MSK Radiologist.



### **Physical Therapy**

Exposure to common therapy protocols and modalities.



### **Primary Care**

Longitudinal time one-half day per week in the Adena Family Medicine Residency Clinic.

### **Additional Electives**

Nationwide Children's Hospital Orthopedics

- Over 10% of patients seen in clinic are pediatric, however, the fellow can gain additional exposure through a 4-week pediatric orthopedic surgery outpatient rotation at Nationwide Children's Hospital, Columbus, Ohio, just one hour north of Chillicothe.

### **Wilderness Medicine**

The fellowship will cover the tuition of a 4-week Wilderness Medicine Experience:

- NOLS Wilderness Medicine Course, Landon, Wyoming
- Wilderness Medical Society, New Castle, Virginia

## Athletic Coverage

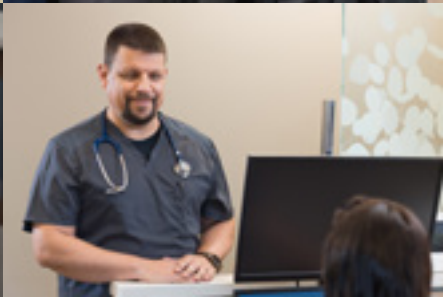
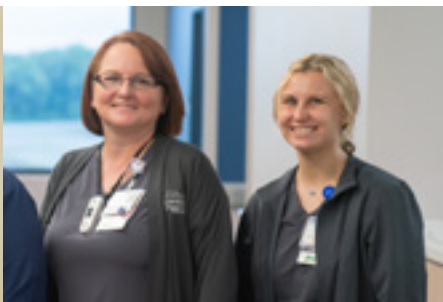
The fellow will have the ability to support Chillicothe High School as the Team Physician.

In addition, experience can be gained in mass participation events including:

- Buck Fifty, a 150-mile ultra endurance relay race
- Chillicothe Half Marathon
- Sand in the Streets Volleyball Tournament

## Curriculum

- Weekly didactic conferences
- Hands on MSK ultrasound training and didactic sessions
- Monthly journal clubs
- Scholarly activity including resident teaching and presentation of a clinical case or research project at either the AMSSM or ACSM Annual National Meeting.





# Employee Benefits

- Salary PGY-4
- Medical, dental, and vision insurance
- Professional liability insurance
- Paid membership dues to AMSSM and AAFP
- Stocked sideline medical bag, and weather gear for coverage of sporting/mass participation events
- Netter's Sports Medicine and Jacobsen's MSK

## Vacation/PTO

For the year, the fellow will have 20 workdays (Monday - Friday) for vacation, plus the two (2) day weekend (total of 8 weekend days).

## Conference Attendance

The fellow will be given a yearly CME allowance of \$1,500 to cover the costs associated with conference attendance (this includes travel, lodging, and meals). If presenting a scholarly activity at a national conference, the fellowship program will also reimburse the fellow for that attendance.



## How to Apply

### Eligibility Requirements

- Must have completed an ACGME accredited residency program in Family Medicine (program is currently not taking applicants from IM, Pediatrics, or ER)
- Must demonstrate a strong commitment to Primary Care Sports Medicine
- Must be eligible for a permanent Ohio Medical License
- Must hold a valid ECFMG certificate by January 1, 2025

### Required Submissions

- Apply through the Electronic Residency Application Service (ERAS)
- Current CV
- Personal statement
- Three letters of recommendation from persons familiar with clinical performance, at least one of these must be from the Residency Director
- Certification of previous Residency Training or Validation of Current Training
- Copy of current state licenses
- Recent photograph

## Interview Process

Candidates will receive an invitation to schedule interview days through the ERAS self-scheduling tool.

During interview days, candidates can expect interviews with faculty and fellows along with tours of our facilities.

Lodging will be provided, and candidates will have the opportunity to dine with members of the fellowship the night before the interview. Interviews will be on select days in October and November 2024.

## Contact Us

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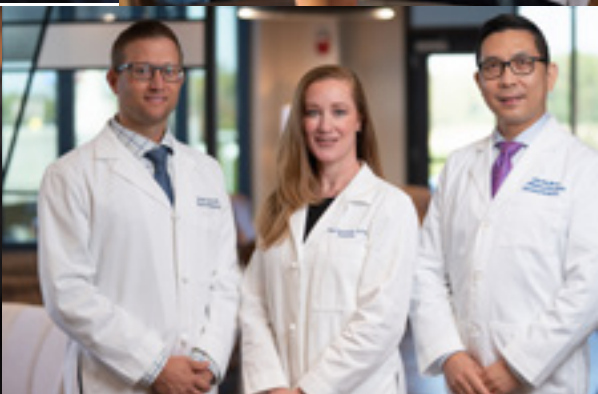
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