

Orthopaedic Surgery CAQ Blueprint

Content Area	Percentage
1. Benign and Malignant Bone Tumors	5
2. Fractures/Dislocations	25
3. Infectious Diseases and Connective Tissue Disorders	5
4. Joint Disorders	20
5. Pediatric	4
6. Preoperative, Postoperative, and Complication Management	7
7. Soft-Tissue Injuries and Disorders	25
8. Spine	7
9. Trauma	2

1. BENIGN AND MALIGNANT BONE TUMORS

(5%)

- A. Chondrosarcoma
- B. Enchondroma
- C. Ewing sarcoma
- D. Fibrosarcoma
- E. Giant cell tumor
- F. Metastatic disease
 - Metastasis from other primary site
 - Metastasis from primary bone tumors
- G. Nonossifying fibroma
- H. Osteochondroma
- I. Osteoid osteoma
- J. Osteosarcoma
- K. Paget disease
- L. Solitary (unicameral) bone cyst

2. FRACTURES/DISLOCATIONS (25%)

- A. Lower extremity
 - Dislocations
 - Foot
 - Knee
 - Fractures
 - Amputation injury
 - Femur
 - Foot
 - Lauge-Hansen/AO classification
 - Maisonneuve
 - Patella
 - Pilon
 - Tibia and fibula
 - Tibial plateau
 - Tibial shaft
- B. Management/healing
 - Complications of healing
 - Heterotopic ossification
 - Malunion

- Nonunion
- Management techniques
 - Closed reduction
 - Immobilization
 - Operative fixation
 - Rehabilitation
- Open vs. closed injury
- C. Pathologic fractures
 - Osteoporotic fracture
 - Stress fracture
 - Tumor fracture
- D. Pediatric
 - Dislocations
 - Nursemaid's elbow
 - Fractures
 - Both-bone forearm fracture
 - Distal radius fracture
 - Fractures related to child abuse
 - Fractures related to growth arrest
 - Lateral condyle fracture
 - Salter-Harris classification of fractures
 - Supracondylar humerus fracture
 - Tillaux fracture
 - Toddler fracture
 - Torus fracture
 - Triplane fracture
- E. Pelvis and hip
 - Avascular necrosis
 - Fractures
 - Acetabulum
 - Femoral neck
 - Intertrochanteric
 - Pubic ramus
 - Hip dislocation
 - Pelvic fracture
- F. Spine
 - Dislocation/subluxation

- Fractures
 - Burst
 - Compression
 - Occult
 - Stable vs. unstable

G. Upper extremity

- Dislocations
 - Acromioclavicular
 - Elbow
 - Glenohumeral
 - Hand and wrist
- Fractures
 - Amputation injury
 - Clavicle
 - Distal radius
 - Elbow
 - Galeazzi
 - Hand and wrist
 - Humerus
 - Monteggia

3. INFECTIOUS DISEASES AND CONNECTIVE TISSUE DISORDERS (5%)

A. Diabetic infections

- Diabetic foot ulcer
- Diabetic skin infection
- Foot amputation
- Pressure ulcer

B. Metabolic bone disorders

- Hyperparathyroidism
- Rickets

C. Osteomyelitis

- Acute
- Chronic

D. Rheumatologic disorders

- Fibromyalgia
- Lupus
- Rheumatoid arthritis

E. Septic arthritis

F. Soft-tissue infections

- Abscess
- Bite injuries
 - Cat/dog
 - Human
- Cellulitis
- Clostridial myonecrosis
- Felon
- Flexor suppurative tenosynovitis
- Necrotizing fasciitis

G. Spirochetal diseases

- Lyme disease
- Syphilis

4. JOINT DISORDERS (20%)

A. Articular cartilage injuries

- Osteochondritis dissecans
- Traumatic arthritis

B. Degenerative joint disease

- Acromioclavicular joint
- Glenohumeral
- Hip
- Knee
- Shoulder
- Spine

C. Inflammatory arthropathies

- Gout
- Pseudogout
- Psoriatic arthritis

D. Joint arthroplasty

- Complications
- Hip
- Knee
- Shoulder

E. Revision arthroplasty

- Aseptic loosening
- Failed arthroplasty
- Infection
- Prosthetic joint wear

5. PEDIATRIC (4%)

A. Clubfoot

B. Developmental dysplasia of the hip

C. Legg-Calvé-Perthes disease

D. Osgood-Schlatter disease

E. Slipped capital femoral epiphysis

6. PREOPERATIVE, POSTOPERATIVE, AND COMPLICATION MANAGEMENT (7%)

A. Acute respiratory distress/fat embolism syndrome

B. Coagulation disorders

C. Complex regional pain syndrome

D. Deep venous thrombosis

E. Myositis ossificans

F. Neurovascular injury

G. Pressure ulcers

H. Pulmonary embolism

I. Transfusion reaction

J. Wound management

7. SOFT-TISSUE INJURIES AND DISORDERS (25%)

A. Benign cysts

- Ganglion
- Inclusion
- Popliteal (Baker)

B. Bursitis

- Olecranon
- Pes anserine
- Prepatellar
- Subacromial
- Trochanteric

C. Elbow, wrist, and hand disorders

- De Quervain tenosynovitis
- Degloving injury
- Dupuytren contracture
- Epicondylitis
- Gamekeeper thumb
- High-pressure injection injury
- Mallet finger
- Subungual hematoma
- Tendon injury
- Trigger finger

D. Foot/ankle disorders

- Achilles tendon rupture/tendinitis
- Ankle sprain
- Apophysitis
- Diabetic neuropathy
- Hallux valgus
- Hammer toe
- Interdigital neuroma
- Pes planus
- Plantar fasciitis
- Syndesmosis injury
- Tarsal coalition
- Tendon injury
- Turf toe

E. Hip and pelvic disorders

- Femoroacetabular impingement
- Iliotibial band syndrome

F. Knee disorders

- Ligament injury
 - Anterior & posterior cruciate
 - Medial & lateral collateral
- Meniscus tear
- Patellar tendon rupture/tendinitis
- Patellofemoral syndrome
- Quadriceps tendon rupture/tendinitis

G. Neurologic disorders

- Brachial plexus injury
 - Erb palsy
 - Neurapraxia
- Peripheral neuropathies
 - Carpal tunnel
 - Cubital tunnel
 - Peroneal neuropathy
 - Radial tunnel
 - Tarsal tunnel

H. Shoulder disorders

- Adhesive capsulitis
- Calcific tendinitis
- Impingement
- Labrum tear
- Rotator cuff tears

8. *SPINE* (7%)

A. Herniated disks

B. Musculoskeletal strain

C. Scoliosis

- Cobb angle
- Congenital
- Degenerative
- Idiopathic
- Neuromuscular

D. Spinal stenosis

E. Spondylolisthesis/spondylolysis

9. *TRAUMA* (2%)

A. Compartment syndrome

B. Concussion

C. Multiple trauma

D. Open fracture

E. Primary and secondary surveys

F. Rhabdomyolysis

G. Shock

H. Spinal cord syndromes