



Sports Medicine

The Sports Medicine Curriculum is a three-year longitudinal curriculum designed for all residents to be proficient in musculoskeletal care in the outpatient setting. Residents will be comfortable treating patients of all ages with common sports medicine injuries, order appropriate imaging, and provide treatment plans for common injuries in the outpatient setting. Residents will also gain training in exercise prescription and musculoskeletal ultrasound as part of the longitudinal sports medicine curriculum.

Residents will have the opportunity to train with a sports medicine trained faculty member and attend high school football games, serve as medical staff for mass participation marathons and the Arnold Classic, and gain training room experience at a local high school. There are many additional opportunities for sports medicine coverage events with local high school and colleges for those residents interested in a sports medicine fellowship. Dr. Bring serves as teaching faculty with the OhioHealth sports medicine fellowship. Lectures will occur twice monthly and include a variety of topics as noted below.

- + Pre-participation Physicals
- + Joint Exams in Primary Care
- + Knee Osteoarthritis Management
- + X-ray Ordering and Important Views
- + Back Pain in Primary Care
- + Concussion Diagnosis and Treatment
- + Shoulder Pain in Primary Care
- + Fracture Management
- + Hip Pain in Primary Care
- + Upper Extremity Injuries
- + Trigger Point Treatment
- + Pediatric Injuries
- + Eye and Dental Injuries

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Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (614) 566.3256.

繁體中文 (Chinese)

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Exercise Prescription

As part of the longitudinal sports medicine curriculum, residents learn how to follow evidence-based guidelines for exercise prescription in the outpatient setting. We currently have a Quality Improvement project on implementation of exercise prescription into all physical exam and chronic disease office visits. Topics for exercise curriculum include:

- + Introduction to Exercise Prescription
- + Health Screening for Exercise Prescription
- + Concussion – Return to Play Protocol

As part of our wellness curriculum, we expose our residents to a variety of exercise options in the Dublin area so that we can counsel our patients on these types of exercise. These events occur once per block and involve any resident who is interested in attending. Types of exercise include cross training, various types of yoga, fitness gyms in the area, kickboxing, high-intensity interval training, Dublin Rec Center, local running clubs, and Dublin Dream Team Fitness.

Exercise Prescription for:

- + Knee Osteoarthritis
- + Back Pain
- + Shoulder Pain
- + Diabetics
- + COPD/Asthma
- + Hypertension
- + Weight Loss
- + Neurologic Conditions
- + Flexibility and Mobility
- + Elderly and Dementia

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