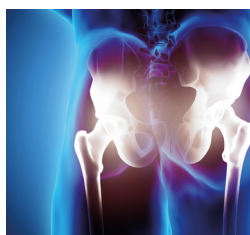


289 **CORE** **COMPETENCIES** FOR ESSKA SPECIALISTS



INTRODUCTION & METHODOLOGY

The European Society for Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) has developed this modular, competency-based Core Curriculum to define the Core Competencies required by ESSKA specialists.

This Curriculum will, we hope, become a powerful tool. It will be used to assess our educational activity (including the online ESSKA Academy), give us priorities for development, and better allocate our resources.

It can also be used by individuals to help identify, address and evidence their own learning needs and Continuing Professional Development (CPD); when developing, and comparing other Orthopaedic and Sports Medicine curricula; and as a template for assessment and accreditation.

The Core Curriculum was developed within ESSKA and using ESSKA's expertise.

A Working Group was established, which reviewed the existing curricula for each specialist area, and the relevant literature. The Working Group drew up a list of Core Competencies, and then consulted ESSKA membership. Survey respondents were asked to rate each of these competencies and their ratings were used by the Working Group for the final draft. Further details about methodology and contributors can be found on the ESSKA website (www.esska.org).

The Core Curriculum is a living document, which needs to be kept up-to-date. We expect to repeat the process after three years and revise the Curriculum accordingly. Meanwhile, we would like to thank the Board, the ESSKA Sections and Committees for their splendid efforts. We would appreciate your feedback, suggestions and comments via the ESSKA Executive Office (info@esska.org).

CURRICULUM STRUCTURE

The Core Curriculum comprises **289 Core Competencies**, which have been arranged into ESSKA's six Specialist Areas:

- Knee
- Shoulder
- Foot & Ankle
- Hip
- Elbow & Forearm
- Sport Medicine

For convenience, each Core Competency is defined in terms of a *Condition* and a related *Procedure*. But the Procedure itself — being able to do it — is only part of the process.

Equally important are the preceding steps: the history-taking, the consideration of co-morbidities and patient-context, the clinical-examination and diagnoses, a consideration of alternatives, based upon best evidence, and surgical planning. Each Core Competency also assumes adequate facilities, resources and staff for the procedure itself and for the management of common-complications, as well as training.

Each Core Competency has been given a unique identifier, composed of the shortened Specialist Area name (Shoulder-, Elbow-, Hip-, Knee-, Ankle- or Sport-) and the ID from the tables below. For instance, *Elbow-EA3* is the third in Elbow & Forearm.

The Level of importance of Core Competencies for ESSKA Specialists working in each Specialist Area were determined by the Working Group based on the survey ratings as follows:

★★★ ESSENTIAL

Competencies required by all specialists working in this area

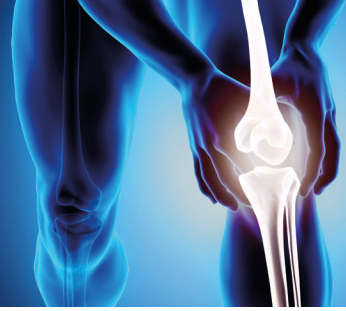
★★★ VERY IMPORTANT

Competencies required by most specialists working in this area

★★★ IMPORTANT

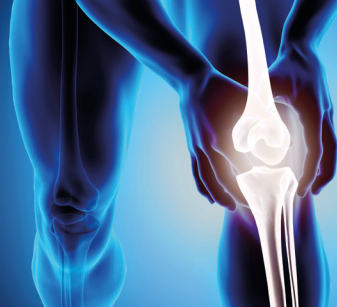
Competencies required by some specialists working in this area

KNEE



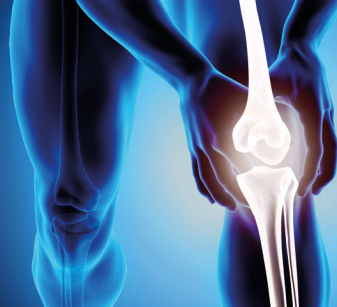
ID	COMPETENCY	LEVEL
LIGAMENT LESION		
A1	Anterior cruciate ligament (ACL) reconstruction	★★★★
A2	Paediatric ACL reconstruction	★★★☆☆
A3	ACL revision reconstruction	★★★★
A4	Medial collateral ligament (MCL) repair	★★★★
A5	Medial collateral ligament (MCL) reconstruction	★★★★
A6	Lateral collateral ligament (LCL) reconstruction	★★★★
A7	Posterolateral corner (PLC) reconstruction	★★★★
A8	Posterior cruciate ligament (PCL) reconstruction	★★★☆☆
A9	Anterolateral ligament (ALL) reconstruction	★★★☆☆
A10	Lateral extra-articular tenodesis	★★★☆☆
A11	Multi-ligament (2 or more) reconstruction	★★★☆☆
SYNOVIAL DISORDERS		
B1	Partial synovectomy (arthroscopic)	★★★☆☆
B2	Total synovectomy +/- posterior compartments (arthroscopic)	★★★☆☆
B3	Synovectomy (open)	★★★☆☆
MENISCAL TEARS (ALL ARTHROSCOPIC)		
C1	Partial meniscectomy	★★★★
C2	Meniscal repair	★★★★
C3	Meniscal root repair	★★★★
C4	Meniscal RAMP repair	★★★★
C5	Allograft meniscal transplantation	★★★☆☆
C6	Synthetic meniscal implant implantation	★★★☆☆

KNEE

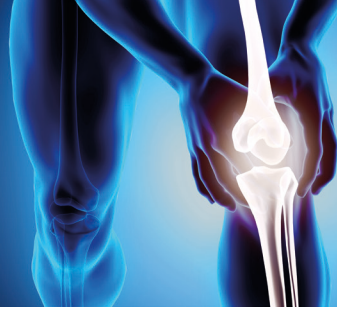


ID	COMPETENCY	LEVEL
OSTEOCHONDRITIS DISSECANANS		
D1	Osteochondral fixation	★ ★ ★
CHONDROPATHIES		
E1	Arthroscopic debridement	★ ★ ★
E2	Microfracture	★ ★ ★
E3	Autologous osteochondral transfer	★ ★ ★
E4	Scaffold chondral repair	★ ★ ★
E5	Osteochondral allografting	★ ★ ★
E6	Autologous chondrocyte transplantation (ACT)	★ ★ ★
E7	Autologous bone marrow transplantation	★ ★ ★
BONE DEFORMITIES / MALALIGNMENT		
F1	Proximal tibial osteotomy (1-plane correction)	★ ★ ★
F2	Proximal tibial osteotomy (2-plane correction)	★ ★ ★
F3	Distal femoral osteotomy (1-plane correction)	★ ★ ★
F4	Distal femoral osteotomy (2-plane correction)	★ ★ ★
F5	Double osteotomy (1-plane correction)	★ ★ ★
F6	Osteotomy combined with ligament reconstruction or arthroplasty	★ ★ ★
TIBIOFEMORAL ARTHRITIS		
G1	Medial unicompartmental arthroplasty	★ ★ ★
G2	Lateral unicompartmental arthroplasty	★ ★ ★
G3	Bicompartmental arthroplasty	★ ★ ★
G4	Tricompartmental (Simple) arthroplasty	★ ★ ★
G5	Tricompartmental (Complex) arthroplasty	★ ★ ★

KNEE



ID	COMPETENCY	LEVEL
POST-ARTHROPLASTY COMPLICATIONS		
H1	Exploratory arthroscopy	★ ★ ★
H2	Single-stage revision	★ ★ ★
H3	First-stage revision (infection)	★ ★ ★
H4	Vacuum dressing	★ ★ ★
H5	Second-stage revision	★ ★ ★
H6	Arthrodesis	★ ★ ★
H7	Above-knee amputation	★ ★ ★
PATELLOFEMORAL INSTABILITY		
I1	Medial patellofemoral ligament (MPFL) reconstruction	★ ★ ★
I2	Paediatric medial patellofemoral ligament (MPFL) reconstruction	★ ★ ★
I3	Tibial tubercle osteotomy	★ ★ ★
I4	Trochleoplasty (open)	★ ★ ★
I5	Trochleoplasty (arthroscopic)	★ ★ ★
I6	Rotational osteotomy	★ ★ ★
PATELLOFEMORAL DEGENERATION / OSTEOARTHRITIS		
J1	Lateral facetectomy (open)	★ ★ ★
J2	Lateral facetectomy (arthroscopic)	★ ★ ★
J3	Small implant cartilage replacement	★ ★ ★
J4	Patellofemoral arthroplasty	★ ★ ★



KNEE

ID	COMPETENCY	LEVEL
	FRACTURE	
K1	Arthroscopy aided fixation in the knee Extensor mechanism	★ ★ ★
	EXTENSOR MECHANISM	
L1	Knee Extensor mechanism repair	★ ★ ★
L2	Knee Extensor mechanism reconstruction	★ ★ ★



SHOULDER

ID	COMPETENCY	LEVEL
ROTATOR CUFF TEARS		
SA1	Trans-tendon repair of partial tear	★★★★
SA2	Takedown and repair of partial tear	★★★★
SA3	Rotator cuff repair of full thickness tear (arthroscopic)	★★★★
SA4	Rotator cuff repair of full thickness tear (open)	★★★☆☆
SA5	Subscapularis repair (arthroscopic)	★★★★
SA6	Graft augmentation for irreparable cuff lesions	★★★☆☆
SA7	Partial rotator cuff repair (arthroscopic)	★★★★
SA8	Partial rotator cuff repair (open)	★★★☆☆
SA9	Head depressing procedures (arthroscopic)	★★★☆☆
SA10	Head depressing procedures	★★★☆☆
SA11	Tendon transfers (arthroscopic)	★★★☆☆
SA12	Tendon transfers (open)	★★★☆☆
SA13	Reverse shoulder arthroplasty	★★★★
CALCIFIFYING TENDINITIS		
SB2	Calcium deposit removal (arthroscopic)	★★★☆☆
BICEPS TENDON DISORDERS		
SC1	SLAP tear fixation (arthroscopic)	★★★★
SC2	Biceps tenotomy (arthroscopic)	★★★★
SC3	Biceps tenodesis (arthroscopic)	★★★★
SC4	Biceps tenodesis (open)	★★★☆☆



SHOULDER

ID	COMPETENCY	LEVEL
GLENOHUMERAL INSTABILITY		
SD1	Arthroscopic anterior repair (labrum, capsule)	★★★★
SD2	Open anterior repair (labrum, capsule)	★★★☆☆
SD3	Arthroscopic anterior augmentation procedures	★★★★
SD4	Arthroscopic posterior repair (labrum, capsule)	★★★★
SD5	Open posterior repair (labrum, capsule)	★★★☆☆
SD6	Arthroscopic remplissage	★★★★
SD7	Arthroscopic coracoid transfer procedure	★★★☆☆
SD8	Open coracoid transfer procedure	★★★★
SD9	Arthroscopic bone graft procedure (anterior, posterior)	★★★☆☆
SD10	Open bone graft procedure (anterior, posterior)	★★★☆☆
SD11	Arthroscopic McLaughlin procedure	★★★☆☆
SD12	Open McLaughlin procedure	★★★☆☆
ACROMIOCLAVICULAR (AC) JOINT DISLOCATION		
SE1	Arthroscopic-assisted fixation (acute)	★★★★
SE2	Open fixation (acute)	★★★★
SE3	Open reconstruction procedures (chronic)	★★★★
SE4	Arthroscopic-assisted reconstruction procedures (chronic)	★★★☆☆



SHOULDER

ID	COMPETENCY	LEVEL
STERNO-CLAVICULAR INSTABILITY / DISLOCATION		
SF1	Open reduction and fixation (acute)	★ ★ ★
SF2	Open reconstruction procedures (chronic)	★ ★ ★
ARTICULAR CARTILAGE AND SUB-CHONDRAL BONE DISORDERS		
SG1	Arthroscopic debridement for chondrolysis	★ ★ ★
SG2	Arthroscopic-assisted core decompression for avascular necrosis of humeral head	★ ★ ★
SG3	Distal clavicle excision (arthroscopic)	★ ★ ★
SG4	Distal clavicle excision (open)	★ ★ ★
SUBACROMIAL IMPINGEMENT SYNDROME		
SH1	Bursectomy (arthroscopic)	★ ★ ★
SH2	Bursectomy (open)	★ ★ ★
SH3	Acromioplasty (arthroscopic)	★ ★ ★
SH4	Acromioplasty (open)	★ ★ ★
SH5	Coracoacromial ligament release (arthroscopic)	★ ★ ★
SH6	Coracoacromial ligament release (open)	★ ★ ★
SH7	Coplaning acromioclavicular joint (arthroscopic)	★ ★ ★
SH8	Coplaning acromioclavicular joint (open)	★ ★ ★
FROZEN SHOULDER		
SI1	Mobilisation under anaesthesia	★ ★ ★
SI2	Arthroscopic capsular release	★ ★ ★
SI3	Open capsular release	★ ★ ★



SHOULDER

ID	COMPETENCY	LEVEL
FRACTURES		
SJ1	Arthroscopic reduction and fixation of intra-articular glenoid fractures	★ ★ ★
SJ2	Arthroscopic reduction and fixation of tuberosity fractures	★ ★ ★
NERVE AND NEUROMUSCULAR DISORDERS		
SK1	Nerve release around the shoulder	★ ★ ★
SK2	Scapular dyskinesis rehabilitation	★ ★ ★
SK3	Winging scapula rehabilitation	★ ★ ★
OSTEOARTHRITIS		
SL1	Arthroscopic glenohumeral capsular release and joint debridement	★ ★ ★
SL2	Glenohumeral hemiarthroplasty	★ ★ ★
SL3	Glenohumeral arthroplasty (anatomic / reverse)	★ ★ ★
SL4	Glenohumeral fusion (arthrodesis)	★ ★ ★
ROTATOR CUFF ARTHROPATHY		
SM1	Reverse shoulder arthroplasty (RSA)	★ ★ ★
SM2	Large hemiarthroplasty	★ ★ ★
SM3	Cuff tear arthropathy (CTA) prosthesis	★ ★ ★
JOINT INFECTIONS (INCLUDING CUTIBACTERIUM ACNES)		
SN1	Arthroscopic joint debridement	★ ★ ★
SN2	Tissue sample collection for cultivation	★ ★ ★
HARDWARE BREAKAGE OR DISENGAGEMENT		
SO1	Removal of materials (arthroscopic)	★ ★ ★
SO2	Removal of materials (open)	★ ★ ★

FOOT & ANKLE



ID	COMPETENCY	LEVEL
TENDON DISORDERS		
FA1	Peroneal tendon pathology	★ ★ ★
FA2	Midportion achilles tendinopathy	★ ★ ★
FA3	Haglund and retrocalcaneal bursitis	★ ★ ★
FA5	Minimal invasive & endoscopic-assisted sutures for Achilles tendon rupture	★ ★ ★
FA6	Open surgical procedures (Flap plasties, flexor hallucis longus transfer) for chronic Achilles rupture	★ ★ ★
FA7	FA7 Endoscopic flexor hallucis longus (FHL) transfer for chronic Achilles rupture	★ ★ ★
FA8	Peroneal / tibialis posterior tendoscopy	★ ★ ★
FA9	Non-operative management of tendon disorders	★ ★ ★
FA10	Insertional achilles tendinopathy	★ ★ ★
LATERAL ANKLE LIGAMENT INJURIES		
FB1	Use of orthoses	★ ★ ★
FB2	Open repair	★ ★ ★
FB3	Arthroscopic repair	★ ★ ★
FB4	Open reconstruction	★ ★ ★
FB5	Arthroscopic reconstruction	★ ★ ★
SYNDESMOSIS INJURIES		
FC1	Syndesmotic repair for acute injuries	★ ★ ★
FC2	Reconstruction for chronic injuries	★ ★ ★
FC3	Diagnosing and decision making for syndesmotic injuries	★ ★ ★
FC4	Solving chronic or failed cases	★ ★ ★

FOOT & ANKLE



ID	COMPETENCY	LEVEL
OSTEOCHONDRITIS DISSECANANS (OCD)		
FD1	Arthroscopic debridement & microfracture	★★★★
FD2	Arthroscopic filling & fixing / grafting	★★★★
FD7	Open techniques (OATS, TOPIC)	★★★★
IMPINGEMENT SYNDROMES		
FE1	Anterior arthroscopy: bony/soft tissue impingement (including specific subheadings: loose bodies, post traumatic fragments, osteophytes)	★★★★
FE2	Posterior arthroscopy: bony / soft tissue impingement (os trigonum, FHL, hypertrophic posterior talaar process)	★★★★
LOOSE BODIES AND FRACTURES		
FF1	Os trigonum removal (posterior arthroscopy)	★★★☆☆
FF2	Arthroscopic removal of talocrural loose bodies (anterior / posterior ankle)	★★★☆☆
FF3	Arthroscopic removal of subtalar loose bodies / missed fractures	★★★☆☆
DEGENERATIVE DISORDERS / OSTEOARTHRITIS		
FH1	Osteotomy of talocrural joint (supramalleolar & calcaneal)	★★★☆☆
FH2	Arthroscopic fusion of talocrural joint (anterior & posterior approach)	★★★☆☆
FH3	Arthroscopic fusion of subtalar joint (combined posterior & subtalar approach)	★★★☆☆
FH4	Talonavicular joint fusion	★★★☆☆
FH5	1st metatarsophalangeal joint fusion	★★★☆☆
FH6	Lis Franc fusion	★★★☆☆

FOOT & ANKLE



ID	COMPETENCY	LEVEL
COMPLICATIONS OF SURGERY		
FI1	First-stage revision (infection)	★ ★ ★
FI3	Vacuum dressing	★ ★ ★
FI5	Conservative management of post-arthroscopy pain	★ ★ ★
FI7	Managing neurovascular injuries	★ ★ ★
FRACTURE / TRAUMA		
FJ1	Arthroscopy in the treatment of Ankle fractures	★ ★ ★
FJ2	Lisfranc injuries and instability	★ ★ ★

HIP



ID	COMPETENCY	LEVEL
TENDON DISORDERS (MUSCULAR AND OSSEOUS INSERTIONS)		
HA1	Gluteus medius and minimus repair (open)	★ ★ ★
HA2	Gluteus medius and minimus repair (endoscopic)	★ ★ ★
HA3	Gluteus medius and minimus repair post-arthroplasty	★ ★ ★
HA4	Rectus tendon ossification removal	★ ★ ★
HA5	adductor tenotomy	★ ★ ★
HA6	Psoas release endoscopic native hip	★ ★ ★
HA7	Iliotibial band release	★ ★ ★
HA8	Gluteus maximus tendon release (Polesello)	★ ★ ★
HA9	Hamstring repair/reinsertion (open)	★ ★ ★
HA10	Hamstring repair/reinsertion (endoscopic)	★ ★ ★
HA11	Psoas Release endoscopic post-arthroplasty	★ ★ ★
CAPSULO-LIGAMENTOUS DISORDERS		
HB1	Labral debridement	★ ★ ★
HB2	Labral repair-reattachment	★ ★ ★
HB3	Labral reconstruction	★ ★ ★
HB4	Ligamentum teres reconstruction	★ ★ ★
HB5	Capsular plication and repair	★ ★ ★
HB6	HB6 Iliofemoral ligament reconstruction arthroscopic	★ ★ ★
HB7	HB7 Iliofemoral ligament reconstruction open	★ ★ ★

HIP



ID	COMPETENCY	LEVEL
ARTICULAR CARTILAGE AND SUB-CHONDRAL BONE DISORDERS		
HC1	Chondral debridement-abrasion	★★★★
HC2	Microfracture	★★★★
HC3	Scaffold enhanced microfracture (AMIC)	★★★☆☆
HC4	Chondrocyte transplantation	★★★☆☆
HC5	Open femoral head mosaicplasty	★★★☆☆
HC6	HC6 Chondral flap repair	★★★☆☆
HC	HC6 Chondral flap repair	★★★☆☆
HC8	HC8 Femoral head decompression for AVN arthroscopic assisted	★★★☆☆
HC9	HC9 Femoral head bone marrow grafting arthroscopic assisted	★★★☆☆
SYNOVIAL DISORDERS		
HD1	Synovial biopsy	★★★★
HD2	Synovectomy	★★★★
HD3	Loose body removal	★★★★
HD4	Joint lavage and debridement	★★★★
HD5	Trochanteric bursectomy and spur removal	★★★☆☆
HD6	Intra-articular biopsy / hip assessment (post arthroplasty)	★★★★
HD7	Removal of cement / Loose Body (post arthroplasty)	★★★☆☆
BONY DEFORMITIES		
HE1	Femoral osteochondroplasty	★★★★
HE2	Acetabular rim trimming	★★★★
HE3	Subspine impingement decompression	★★★☆☆
HE4	Ischiofemoral impingement decompression	★★★☆☆

HIP



ID	COMPETENCY	LEVEL
HE5	Open femoral osteochondroplasty	★ ★ ★
HE6	Open acetabular rim trimming	★ ★ ★
HE7	Reverse open periacetabular osteotomy	★ ★ ★
HE8	Os acetabuli removal	★ ★ ★
HE9	Os acetabuli fixation	★ ★ ★
HE10	Femoral head decompression for avascular necrosis	★ ★ ★
HE11	Acetabular fracture osteosynthesis	★ ★ ★
HE12	Open periacetabular osteotomy	★ ★ ★
HE13	Open proximal femoral osteotomy	★ ★ ★
HE14	Supine Decompression Mini open	★ ★ ★
SCIATIC NERVE ENTRAPMENT		
F1	Sciatic nerve release	★ ★ ★

ELBOW & FOREARM



ID	COMPETENCY	LEVEL
SIMPLE POSTEROLATERAL ROTATORY (PLRI) OR MEDIAL ELBOW INSTABILITY (ACUTE, SUBACUTE & CHRONIC)		
EA1	External fixation	★ ★ ★
EA2	Arthroscopic lateral plication	★ ★ ★
EA3	Open ligament repair and / or reconstruction	★ ★ ★
EA4	Arthroscopic ligament repair and / or reconstruction	★ ★ ★
COMPLEX POSTEROLATERAL / POSTEROMEDIAL INSTABILITY OF ELBOW (ACUTE & CHRONIC)		
EB1	External fixation	★ ★ ★
EB2	ORIF bone injuries +/- graft + ligament repair +/- grafting	★ ★ ★
EB3	Radial head arthroplasty	★ ★ ★
EB4	Total elbow arthroplasty	★ ★ ★
RADIOHUMERAL OSTEOARTHRITIS		
EC1	Open synovectomy, debridement, arthrolysis, removal of osteophytes or loose bodies	★ ★ ★
EC2	Arthroscopic synovectomy, debridement, arthrolysis, removal of osteophytes or loose bodies	★ ★ ★
EC3	Radial head resection +/- soft tissue interposition	★ ★ ★
EC4	Radial head / radiocapitellar arthroplasty	★ ★ ★
OSTEOCHONDRITIS DISSECANS		
ED1	Arthroscopic debridement +/- microfracturing and loose body removal	★ ★ ★
ED2	Open osteochondral graft / mosaicplasty	★ ★ ★
ED3	Arthroscopy mosaicplasty / MACI	★ ★ ★
ED4	Arthroscopic fixation	★ ★ ★
ED5	Open fixation	★ ★ ★
ULNOHUMERAL OSTEOARTHRITIS		
EE1	Open synovectomy, debridement, arthrolysis, removal of osteophytes or loose bodies	★ ★ ★

ELBOW & FOREARM



ID	COMPETENCY	LEVEL
EE2	Arthroscopic synovectomy, debridement, arthrolysis, removal of osteophytes or loose bodies	★ ★ ★
EE3	Total elbow arthroplasty	
EE4	Arthrodesis	★ ★ ★
ARTHROPLASTY COMPLICATIONS		
EF1	Triceps reconstruction +/- allograft	★ ★ ★
EF2	Linking of prosthesis	★ ★ ★
EF3	Single or two stage revision	★ ★ ★
EF4	Removal of prosthesis +/- allograft tendon interposition	★ ★ ★
ULNAR NERVE / RADIAL TUNNEL / PRONATOR SYNDROME		
EG1	Release	★ ★ ★
EG2	Transposition	★ ★ ★
PLICA SYNDROME / SYNOVIAL FRINGE		
EH1	Arthroscopic resection	★ ★ ★
SNAPPING TRICEPS		
EI1	Triceps release / resection and ulnar nerve transposition	★ ★ ★
STIFF ELBOW (EXCLUDING OSTEOARTHRITIS)		
EJ1	Open arthrolysis	★ ★ ★
EJ2	Arthroscopic arthrolysis	★ ★ ★
RADIOULNAR JOINT INSTABILITY (DISTAL OR PROXIMAL)		
EK1	Soft tissue reconstruction +/- osteotomy	★ ★ ★
CHRONIC ESSEX-LOPRESTI INJURY		
EL1	Shortening osteotomy ulna	★ ★ ★
EL2	Reconstruction of the interosseous ligament / membrane with allograft or autograft	★ ★ ★

SPORT MEDICINE



ID	COMPETENCY	LEVEL
BURSITIS, TENDINOPATHY AND MUSCLE FIBROSIS		
MA1	Ultrasound-guided muscle / bursa / tendon injection	★ ★ ★
ACUTE MUSCLE AND TENDON INJURY		
MB1	Fasciotomy for acute compartment syndrome	★ ★ ★
MB2	Muscle haematoma drainage	★ ★ ★
MB3	Direct muscle repair	★ ★ ★
MB4	Direct tendon repair	★ ★ ★
MB5	Tendon reinforcement plasty	★ ★ ★
MB6	Tendon Anchor reinsertion	★ ★ ★
CHRONIC MUSCLE AND TENDON INJURY (INCLUDING OVERUSE)		
MC1	Myositis ossificans excision	★ ★ ★
MC2	Muscular pseudo-cyst excision	★ ★ ★
MC3	Fasciotomy for chronic compartment syndrome	★ ★ ★
MC4	Fibrotic tissue excision	★ ★ ★
MC5	Tenotomies	★ ★ ★
MC6	Tendon transfer	★ ★ ★
MC7	Tendon lengthening	★ ★ ★
MC8	Debridement and tendon revision / augmentation	★ ★ ★
INTRA-ARTICULAR CONDITIONS (E.G. HEMARTHROSIS, SYNOVITIS)		
MD1	Ultrasound-guided intra-articular aspiration-injection	★ ★ ★

SPORT MEDICINE



ID	COMPETENCY	LEVEL
EMERGENCIES ON THE FIELD		
ME1	Fracture / dislocation identification, removal from play & assessment	★★★★
ME2	Fracture / dislocation reduction / realignment, immobilization and analgesia	★★★★
ME3	Concussion identification, removal from play & assessment	★★★★
ME4	Spinal injury identification, assessment, spinal immobilization and extrication	★★★★
ME5	Basic life support and automated external defibrillation (AED)	★★★★
ME6	Advanced Life Support	★★★☆☆
REHABILITATION		
MF1	Electrotherapy	★★★☆☆
MF2	Extracorporeal shockwave therapy	★★★☆☆
MF3	Injection therapy (corticosteroids; hyaluronic acid; platelet-rich plasma; collagen)	★★★☆☆
MF4	Aquatic therapy	★★★☆☆
MF5	Functional rehabilitation	★★★☆☆
MF6	Exercise therapy	★★★☆☆
MF7	Manual therapy	★★★☆☆
MF8	Rest / passive therapy	★★★☆☆
MF9	Use of orthoses	★★★☆☆
RETURN TO SPORTS		
MG1	Muscle strength evaluation	★★★☆☆
MG2	Electromyography evaluation	★★★☆☆
MG3	On the field exercises and tests	★★★☆☆
MG4	Isokinetic evaluation	★★★☆☆

SPORT MEDICINE



ID	COMPETENCY	LEVEL
PROMOTING HEALTH AND PREVENTING PROBLEMS		
MH1	Kinesiophobia prevention, identification and management	★ ★ ★
MH2	Kinesiophobia assessment using the Tampa Scale	★ ★ ★
MH3	Advising athletes on nutrition	★ ★ ★
MH4	Advising athletes on chronic disease management	★ ★ ★
MH5	Advising athletes on preventing and managing fatigue	★ ★ ★
MH6	Preventing, identifying and addressing doping in sports	★ ★ ★
MH7	Preventing cardiac and other sudden death in sports	★ ★ ★