

Congratulations!
You have chosen a
physician certified in:



Orthopaedic Sports Medicine

by The American Board of Orthopaedic Surgery (ABOS)

Your bones, joints, ligaments, tendons, and related muscles and nerves are in well-trained, professional hands. We're here to reduce your pain and keep you moving.



What is the American Board of Orthopaedic Surgery?

The American Board of Orthopaedic Surgery (ABOS) is an independent, non-profit organization that sets standards of education, training, and expertise for orthopaedic surgeons. The exams and assessment activities are written by orthopaedic surgeons who also must meet the standards set by their peers. These ABOS directors volunteer their time and expertise.

Founded in 1934, ABOS is one of 24 members of the American Board of Medical Specialties (ABMS). Certifying boards serve the public and the medical profession by improving the quality of health care through setting professional standards for medical specialty practice.

Being “certified” is not the same as being “licensed.” A state requirement to practice medicine, licensure sets minimum competence requirements to diagnose and treat patients and is not specialty specific.

Board certification is voluntary. Being certified attests to a physician's advanced knowledge, skills, and training in a particular area of medicine, like orthopaedic surgery.

Find out if a physician is board-certified at abos.org

What is Sports Medicine?

Whether you're kicking a ball, swinging a racquet, dancing, pivoting, running, jumping, lifting, or just moving about, you are using your bones, joints, ligaments, and tendons. The harder you play, the greater the impact on your body. Injury prevention and treatment is crucial.

You may encounter a variety of professionals who treat and help prevent injuries caused by movement, including physical therapists, athletic trainers, exercise physiologists, and others.

Often, though, you will need a doctor. Orthopaedic surgeons aren't the only doctors who treat some kinds of sports injuries – others include those certified in family medicine, pediatrics, internal medicine, and emergency medicine who have had additional specialized training.

Why Should I Choose a Sports Medicine Orthopaedic Surgeon?

An orthopaedic surgeon with additional certification in sports medicine is unique in his or her knowledge and experience in repairing, rehabilitating, and preventing sports and other movement injuries.

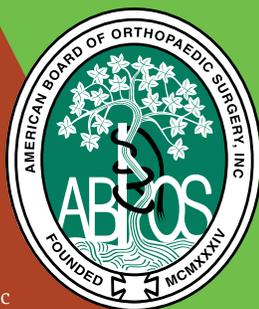
To become certified in orthopaedic sports medicine, these doctors are highly trained to treat joints including knees, shoulders, elbows, hips, hands, and ankles. They are skilled at fixing tears, dislocations, fractures, ruptures, cracks, and sprains. They also treat injuries caused by overuse, arthritis, and tendonitis. And they treat everyone from children to seniors.

If you need surgery to repair a torn rotator cuff or anterior cruciate ligament (ACL), an orthopaedic surgeon is an obvious choice. However, these doctors also provide non-surgical treatments and injury prevention tactics, including exercises.

All ABOS-Certified orthopaedic surgeons spend 5 years learning and training to treat diseases and conditions, including arthritis, osteoporosis, chronic back pain, joint pain, sciatica, degenerative disc disease, hip dysplasia, and bone tumors.

Orthopaedic surgeons who earn additional certification in sports medicine spend another year learning even more about treating patients who play sports on college or professional teams, and those who come to outpatient clinics with overuse and other injuries.

When your doctor is certified by the American Board of Orthopaedic Surgery, it's a slam-dunk that you'll get quality care from a highly trained specialist.



The American Board of Orthopaedic Surgery, Inc.

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Areas of focus for Orthopaedic Surgeons

Orthopaedic surgeons may treat a general range of injuries and conditions, or they may focus on one or more of these areas:

- Pediatric orthopaedics
- Adult reconstructive surgery (including joint replacement)
- Foot and ankle
- Shoulder and Elbow
- Spine
- Oncology (*cancerous and non-cancerous tumors of the bones, joints, and muscles*)
- Rehabilitation to increase strength and mobility

Some Orthopaedic surgeons complete an additional year of training and receive another (subspecialty) certification from the ABOS in sports medicine, as well as surgery of the hand.

Why should I choose a surgeon certified by the ABOS?

The ABOS' purpose is to assure you, the patient, that your board-certified surgeon meets high standards of knowledge, training, and competence to provide outstanding care.

ABOS-Certified Orthopaedic Surgeons are well trained.

- They have graduated from an accredited medical school.
- They have received 5 years of training in an accredited orthopaedic surgery residency program.

ABOS-Certified Orthopaedic Surgeons have been carefully evaluated.

- They sit for an 8-hour computer-based examination.
- After 9-12 months of practice, their medical abilities and professionalism are reviewed by their peers (other doctors and nurses they have worked with directly), who send their evaluations to the ABOS. Only those rated positively are allowed to continue in the certification process.
- They are given an oral examination by certified Orthopaedic Surgeons who assess the candidate's orthopaedic skills and competence, based on 12 of his/her recent cases.

After passing the oral examination, a physician receives ABOS Board Certification, and patients like you can be confident your orthopaedic surgeon is well-prepared to offer you high-quality care.

ABOS-Certified Orthopaedic Surgeons Stay Up-to-Date throughout Their Careers

- Board-Certified orthopaedic surgeons maintain their certification through continuing medical education activities and practice improvement projects that help ensure they stay informed of medical advances and new best practices in the field.
- Once every 10 years, they submit a list of recent surgeries to other ABOS-certified Orthopaedic Surgeons who review and evaluate the quality of their work as well as have their medical abilities and professionalism reviewed by other orthopaedic surgeons
- They also must complete an oral, written, or continuing knowledge assessment to renew their certification.

Our Mission

To ensure safe, ethical, and effective practice of orthopaedic surgery, the ABOS maintains the highest standards for education, practice and conduct through examination, certification, and maintenance of certification for the benefit of the public.

Our Vision

To improve the quality of care and outcomes for patients, the ABOS will establish and maintain high standards for competence and lifelong education of board-certified orthopaedic surgeons.

