

# Primary Care Sports Medicine Fellowship

- 2 positions available
- Accepts applicants from the fields of family medicine, internal medicine, emergency medicine, pediatrics, and physical medicine and rehabilitation

## **Fellowship Partners:**

- Harbor - UCLA Medical Center
- Kaiser Permanente
- West Coast Sports Medicine Foundation (WCSMF)

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- **ACGME Accredited**
- **Fellowship Established 1999**

**Fellowship Faculty:** Harbor-UCLA, Bernadette Pendergraph, M.D., Kaiser Permanente, Evan Bass, M.D., WCSMF, Keith Feder, M.D., WCSMF, Jill Sleight, ATC.

**WCSMF Info:** 1200 Rosecrans Ave # 206, Manhattan Beach, CA. 90266  
310-726-0750 phone, 310-726-0752 fax, [www.wcsportsmed.com](http://www.wcsportsmed.com) and  
[www.westcoastorthopedics.com](http://www.westcoastorthopedics.com)

Dear Prospective Fellow,

The Fellowship offers a unique combination of experience in Primary Care Sports Medicine at several separate sites; including Harbor-UCLA Medical Center, the West Coast Sports Medicine Foundation, Kaiser Permanente, and the athletic training rooms and sidelines of local junior and four-year colleges. This blend prepares the fellow to practice competently and confidently in the many career paths available in Sports Medicine today.

Fellows participate directly in the care of recreational, high school, college and professional Athletes. Research and Teaching opportunities are also offered. The WCSMF runs a high school outreach clinic on Saturday mornings (Fall ONLY) where we see local high school athletic injuries. This clinic is offered to all of the Team to Win high schools. More information about the Team to Win program can be found on our web site at [www.wcsportsmed.com](http://www.wcsportsmed.com).

The Team to Win outreach program is a community outreach program for high school athletes who cannot afford sports medicine care. The WCSMF puts certified athletic trainers at 22 high schools each year, and sideline physicians at football games

# Primary Care Sports Medicine Fellowship

on Friday nights. Fellows are responsible for covering Friday night football, in addition to working Saturday injury clinics along side other physicians and surgeons. In addition, fellows are the primary team physicians of several junior colleges in the area. This responsibility requires Saturday football games (approximately 5 total games per season). The WCSMF, in partnership with Kaiser and Harbor UCLA runs a primary care sports medicine fellowship, and takes two (2) primary care fellows each year to assist with the Team to Win program.

The applicant must be Board-certified/eligible and obtain a California medical license. This is a 1 Year Fellowship and begins on July 15.

## **Fellowship Program Details:**

This Primary Care Sports Medicine Fellowship provides a truly unique teaching and learning environment. The Sports Medicine fellow is exposed to high school, collegiate and professional athletes. The primary care sports medicine fellow is required to complete one-half day of continuity care in the fellow's primary field of practice.

**College Coverage:** You will be providing coverage at multiple high schools, junior colleges, college Div I – III: LA Southwest College, LA Harbor College and Cal State Dominguez Hills, and the Los Angeles Rugby Club.

**Harbor-UCLA:** While at Harbor-UCLA, the fellows participate in clinics that perform cardiovascular risk stratification with exercise ECG and exercise prescription, primary care evaluation of recreational and athletic injuries, and sports medicine surgical evaluation. Proficiency is gained in multiple soft tissue and joint injections at this site

**Kaiser Permanente:** While at Kaiser Permanente, the fellows participate in clinics that evaluate recreational and athletic injuries and allow the use of ultrasound for diagnosis and directed therapy. The fellows also participate in the orthopedic sports and hand clinics in surgical evaluation of patients. Through Kaiser Permanente, the fellows serve as the Medical Directors of the Los Angeles Triathlon, Playa Del Rey Triathlon and Redondo Beach Triathlon, as well as serving on the Medical team for the Carlsbad Half Ironman and Pasadena Marathon.

**West Coast Sports Medicine Foundation:** While at the WCSMF the fellow works throughout the year in conjunction with Dr. Keith S. Feder, Dr. Carol Frey and Dr. William Hohl providing coverage of multiple Team to Win high schools. In addition, the fellow will provide coverage along with other medical professionals at the DEW games (professional extreme sports competitions). Each fellow will travel to a minimum of (2) DEW trips per fellowship year (one winter destination, and one summer destination).

The Sports Medicine fellows oversee a high school sports medicine clinic that provides care for 22 high schools (13,000 male & female athletes).

# Primary Care Sports Medicine Fellowship

The fellowship is unique in providing a through clinical and surgical orthopedic foot & ankle learning experience with Carol Frey, MD that includes extensive exposure to both open and arthroscopic small joint surgical procedures. Keith S. Feder, MD provides, in addition to the basic arthroscopic sports medicine procedures, exposure to articular restoration and meniscus transplantation. Surgical experience includes: arthroscopy, articular cartilage repair, shoulder and knee ligament reconstruction, meniscus repair, meniscus allograft implantation, autograft/allograft OATS, and tibial/femoral osteotomy.

## **Shoulder/Upper Extremity**

1. Perform complete history and physical exam of shoulder, and elbow to include subtle and provocative exam testing.
2. Understand the indications for diagnostic imaging of soft tissue injury and degeneration.
3. Demonstrate proficiency in interpreting magnetic resonance images of the shoulder, and elbow.
4. Understand indications for surgical arthroscopy and reconstructive surgery of the shoulder, and elbow in managing joint and soft tissue trauma and degenerative disorders.
5. Understand the biomechanics of shoulder function to include mechanisms of stability and cuff function.
6. Understand the rationale and basis of shoulder rehabilitation in non-operative patients.
7. Demonstrate technical proficiency in routine and complex arthroscopic and arthroscopic assisted surgery of the shoulder (acromioplasty, distal clavicle resection, instability surgery, labral surgery, rotator cuff disease, complex revision and Hemi/total shoulder arthroplasty.)

## **Knee/Lower Extremity**

1. Perform complete history and physical exam of the knee and provocative exam testing.
2. Understand the indications for diagnostic imaging of soft tissue injury and degeneration.
3. Demonstrate proficiency in interpreting magnetic resonance images and bone scans of the knee.
4. Understand indications for surgical arthroscopy and reconstructive surgery of the knee in managing joint and soft tissue trauma and degenerative disorders.
5. Understand the biomechanics of knee function to include menisci, cruciate & collateral ligaments and patellofemoral joint.
6. Understand the rationale and basis of knee rehabilitation in non-operative patients.
7. Demonstrate technical proficiency in routine and complex arthroscopic and arthroscopic assisted surgery of the knee (Meniscectomy, loose body,

# Primary Care Sports Medicine Fellowship

chondroplasty, lateral release, meniscal repair, ACL, PCL and multiple ligament construction, OATS procedure.)

8. Demonstrate proficiency in ability to develop an appropriate initial non-operative treatment plan for the knee disorders - traumatic and degenerative.

## **Foot/Ankle**

1. Perform complete history and physical exam of the foot/ankle provocative exam testing.
2. Understand the indications for diagnostic imaging of the soft tissue injury and degeneration.
3. Demonstrate proficiency in interpreting magnetic resonance images CT scans and bone scans of the foot/ankle.
4. Understand the indications for foot/ankle arthroscopy and reconstructive surgery of the foot/ankle in managing joint and soft tissue trauma and degenerative disorders.
5. Understand the biomechanics of foot/ankle/subtalar joint
6. Understand the rationale and basis of foot/ankle rehabilitation in non-operative – patients.
7. Demonstrate technical proficiency in routine and complex arthroscopic and arthroscopic assisted surgery of the foot/ankle (arthroscopy of ankle, subtalar joint, lateral ligament reconstruction, OAT procedure and microfracture).
8. Demonstrate proficiency in ability to develop an appropriate initial non-operative treatment plan for foot/ankle disorders – traumatic and degenerative.

## **Sports Team Coverage**

1. Demonstrate understanding of principles of team coverage including pre-season, post-season issues.
2. Understand principles behind treatment of C-spine & head injuries during games & returning to play considerations.
3. Demonstrate the ability to diagnose acute athletic soft tissue injuries during games & in the training room & initiate appropriate care.
4. Demonstrate knowledge of rehabilitation principles following injuries and surgeries.