

# ***Sports Medicine Fellowship***



## ***Medical Education Department***

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The Sports Medicine Fellowship is a one-year program following completion of a family practice or other eligible residency leading to eligibility for certification by the American Osteopathic Academy of Sports Medicine. The program is affiliated with the Statewide Campus System of Michigan State University, College of Osteopathic Medicine. The program is also affiliated with the Grand Rapids Medical Education and Research Center for Health Professions which coordinates the area's hospitals and their medical education activities.

## **The Program**

Primary Care Sports Medicine (2 months)	Exercise Physiology (1 month)
Orthopedics (2 months)	Sports Nutrition (1 month)
Musculoskeletal Radiology (1 month)	Occupational Medicine (1 month)
Physical Medicine and Rehab (1 month)	Hand Surgery (1 month)
Rehab/PT (1 month)	Elective (1 month)

Metro Health Hospital supports Metro Health Sports Medicine, which continues to be a multifaceted entity with physicians and therapists involved in high school, college, university, and professional team coverage, as well as Special Olympics and community events. A new health and wellness center is being planned on the campus of the new hospital.

Metro Health is very active in the Grand Rapids Community and has several relationships with sports teams at different levels:

- Professional - Griffins (AHL), Whitecaps ("A" baseball), Edge (PDL soccer).
- College/University - Calvin College (NCAA D-III), Aquinas College (NAIA D-II), GVSU (NCAA D-II). We also work very closely with Cornerstone University (NAIA D-II).
- High School - Ottawa Hills HS, Central HS, Union HS, Hudsonville HS, Kelloogsville HS, and others
- Community Events - 5/3 River Bank Run (with Metro ER), Reed's Lake Run and Triathlon, Gus Macker and Walker 3 on 3 basketball, Metro Health Grand Rapids Marathon
- ANA Gymnastics
- Area 11 Special Olympics

The settings in which clinical activities occur include:

- Game coverage—provided at all Griffins and Edge games; selected Whitecaps games; Calvin and Aquinas basketball games, playoffs and tournaments; multiple high school football games.
- On-site injury clinics—performed during games at the Griffins and Whitecaps games, weekly at Calvin and Aquinas, and weekly/as needed at the high schools.
- Community events—multiple events are covered (runs, a marathon, a triathlon, basketball tournaments, wrestling tournaments, a gymnastics tournament, and the Special Olympics Spring Games).
- Meetings/Education—Journal Clubs, monthly didactic sessions, training room recap, community lectures, pre-race training sessions, resident lectures, student-trainer lectures.
- Pre-participation physical exams at multiple high schools.

Training occurs in two primary care office sites, and three orthopedic sites. Metro has faculty that are dually boarded by in Family Practice and OMM, which provides many opportunities for additional training and integration of OMM.