



Resident training program adds community service



The University of Tennessee-Campbell Clinic Orthopaedic Residency Program, supported by The Campbell Foundation, offers a careful balance between academic and theoretical learning and practical experience.

Residents in the program participate in rotations in general orthopaedics, pediatric orthopaedics, trauma, sports medicine, hand, foot and ankle, spine, adult reconstructive surgery, anatomy and pathology, and orthopedic oncology. During each rotation, residents spend approximately 50 percent of their time in clinical activities and 50 percent in surgical duties, a practice that allows residents to experience the continuity of patient care given from initial exam and evaluation, through surgical or non-surgical treatment and post-operative rehabilitation.

Now residents are taking what they have learned to students and teachers in the Memphis area.

Added to the training curriculum last year by Dr. Frederick Azar, then Director of Resident Education, the Resident Outreach Program provides orthopaedic wellness information to middle and high school students in the community. With Memphis ranked as one of the most sedentary cities in the country and with high rates of obesity and diabetes, the purpose of the Resident Outreach Program is to teach proper physical fitness

to young people, encouraging healthier exercise and nutrition habits for bone health. The program also gives student athletes information about injury prevention and management, over-training, and burnout. The residents encourage students to learn good habits at their early age to help prevent bone and joint conditions later in life.

Residents have spoken to hundreds of students since beginning the program last summer with presentations to the Shelby County Schools Summer Scholars Program for math and science students. They spoke to student athletes and coaches at the Tennessee Middle School Athletic Conference, and this fall will participate in a series of meetings with coaches of all the various sports for City of Memphis middle and high schools.

Presentations will focus on prevention and treatment of musculoskeletal injuries specific to each sport, as well as general information such as preventing infections in athletes, proper nutrition, and age-appropriate exercise programs.

In addition to schools, the Resident Outreach Program hopes to visit business and civic organizations to provide bone and joint health presentations to adults.

