

Tendon — Medical Knowledge				
Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> • Describes tendon anatomy, biology, principles of tendon healing and nutrition • Describes principles of flexor and extensor tendon repair (e.g., core and epitendinous suturing, suture location) • Describes tendon biomechanics (e.g., pulley system, bowstringing) • Understands the clinical presentation of traumatic tendon conditions and injuries (e.g., zone I-V flexor, and I-VIII extensor tendon injuries) 	<ul style="list-style-type: none"> • Understands the presentation of closed tendon ruptures (e.g., flexor digitorum profundus [FDP] avulsions, sagittal band ruptures, extensor pollicis longus [EPL] rupture) • Understands principles of tenodesis • Describes principles of tendon transfers and tendon grafting 	<ul style="list-style-type: none"> • Understands treatment principles for flexor tendon and extensor tendon injuries • Understands treatment principles for closed tendon injuries (e.g., timing and procedures for FDP avulsions and sagittal band ruptures) • Describes tendon transfers for radial, median, and ulnar nerve palsies • Describes reconstruction for combined median and ulnar nerve palsies • Describes reconstruction for complex tendon ruptures (e.g., rheumatoid disease with extensor or flexor tendon ruptures, tendon ruptures following open reduction and internal fixation [ORIF] of distal radius fractures, flexor tendon ruptures following hook of hamate fractures) • Describes rehabilitation principles (e.g., active and passive rehabilitation protocols for extensor and flexor tendon injuries, the timing of rehabilitation, work of flexion, gliding resistance) 	<ul style="list-style-type: none"> • Demonstrates understanding of secondary procedures for tendon injuries (e.g., tenolysis, staged tendon reconstruction, pulley reconstruction) • Demonstrates understanding of management of complications following tendon repair (e.g., rupture of repaired tendon, bowstringing) • Demonstrates understanding and treatment for secondary tendon imbalance (e.g., swan neck, Boutonniere deformity, mallet finger) • Understands treatment options for patients with systemic conditions requiring tendon reconstruction, tendon transfer, or treatment for spasticity (e.g., traumatic brain injury, cerebral palsy, stroke) 	<ul style="list-style-type: none"> • Publishes clinical and research work in the literature
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Comments:				

Tendon — Patient Care				
Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> • Obtains a focused history and performs a focused physical examination for the patient with a tendon injury • Constructs initial post-surgical dressings and splints • Provides operative and non-operative management of extensor tendon injuries 	<ul style="list-style-type: none"> • Performs repair of flexor tendon injuries outside zone II • Recognizes adverse outcomes after tendon procedures (e.g., adhesions, contractures, ruptures) 	<ul style="list-style-type: none"> • Performs zone II flexor tendon repairs • Performs extensor tendon reconstruction (e.g., side to side transfers, sagittal band repair/reconstruction, reconstruction for ECU instability, EIP to EPL transfer) • Develops management plan for tendon procedure complications (e.g., adhesions, contractures, ruptures) • Prescribes rehabilitation following tendon repair or reconstruction 	<ul style="list-style-type: none"> • Performs secondary tendon procedures (e.g., tenolysis, staged tendon reconstruction, pulley reconstruction, tendon grafting) • Performs tendon transfers for nerve palsies (e.g., radial, median, ulnar, or combined) • Performs late reconstruction for secondary tendon conditions (e.g., swan neck deformity, mallet finger) • Performs tendon reconstruction for complex tendon ruptures (e.g., rheumatoid, attritional ruptures) 	<ul style="list-style-type: none"> • Performs tendon transfers for brachial plexus reconstruction (e.g., shoulder or elbow)
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<p>Comments:</p>				