

University of Washington Primary Care Sports Medicine Fellowship External Resident Rotator Information

Welcome to your sports medicine elective at the University of Washington Primary Care Sports Medicine Fellowship. We are thrilled to have you here and plan to make your visit worthwhile. You will work with our principal faculty, including Drs. Kim Harmon, Jon Drezner, John O’Kane, Hank Pelto, and Ashwin Rao. Your rotation will be based at the UW Husky Stadium Sports Medicine Clinic, and you will have some additional time in the UW Husky Athletic training rooms. While you are here, you’ll also have the opportunity to join our faculty on the sidelines for Husky sporting events.

Rotation Contacts

Your rotation contacts during your time with us are:

- Samantha Crowe – Program Coordinator
scgroom@uw.edu
- Ashwin Rao, MD – Program Director
ashwin@uw.edu
206-948-2115 (cell)
206-598-5442 (office)

Dress Code

Dress code during your time with us is: business casual/clinic attire. Please dress accordingly. Bring a suit if you anticipate interviewing with us while here (see below)

During your rotation, we hope to give you experience in some of our areas of specialty, including

- Joint Arthrocentesis
- Musculoskeletal Ultrasound
- Sports Cardiology
- PRP and Autologous Growth Factor Therapy
- Adolescent Sports Medicine
- Arthritis Management
- Cardiopulmonary Exercise
- Team sports coverage

Rotation Location

Your rotation will take place at the UW Husky Stadium Sports Medicine Center :

3800 Montlake Blvd NE, Seattle, WA 98103

<http://www.orthop.washington.edu/?q=patient-care/sports-medicine-center-at-husky-stadium.html>

Getting here is reasonably simple. Look on a map for UW Husky Stadium; Our clinic is found under the South Stands of the stadium, adjacent to UW’s E12 Parking lot. Once you get to the E12 lot, there are signs that will guide you

Transportation, Parking & Lodging

You are expected to provide your own transportation and lodging during your time with us, though we can help identify local hotels/extended stay options and assist with transportation to special events with advanced notice.

Parking: There is a paid parking lot adjacent to the Sports Medicine Center. The current parking rate is \$3/hour. Unfortunately, your parking cannot be validated

Buses: The Seattle King County Metro system serves the area, and it’s easy, in most cases, to catch a bus that will put you close to the stadium.

Rotation Schedule

Here is your rotation schedule, which is subject to change. You will be scheduled to work with each of our faculty. Morning clinics typically run from 8 am – noon (with 2 exceptions), while afternoon clinics run from 1 pm – 5 pm. You will have additional opportunities to rotate through our training rooms at Husky stadium (ICA FBTR, ICA MTR) with our faculty. Not listed on the schedule are additional opportunities to cover UW and high school sporting events, which our faculty will discuss with you.

	Monday	Tuesday	Wednesday	Thursday	Friday
8am-12pm	Harmon (7-11 am)	Harmon (ICA – FBTR) or Fellow’s clinic	Pelto (9 am – 12 pm)	Pelto	O’Kane (7 – 11 am)
1pm-5pm	Drezner	Drezner (ICA - MTR)	Fellow’s clinic	Rao	Rao

- 2nd Wednesday of rotation: External resident interview (if applicable)
- 1st Wednesdays of the month (or as directed by faculty): Nick of Time Community Heart screens
- 2nd Wednesday of the month (7:30-9 am): Journal Club
- 4th Wednesday of the month (7:15 – 8:45 am): Sports Medicine Grand Rounds

Please note that Wednesdays are meeting and academic days. There are several important events/activities that may occur on Wednesdays while you are with us.

- 1st Wednesday's of most months: We perform community heart screens at a local high school. You should plan to attend this all day session, should it fall into the time when you are rotating with us
- 2nd Wednesdays (at 7:30 AM): Sports Medicine Journal Club. This takes place at the Jim Houston Boardroom, which can be found on the West side of Husky Stadium. Our faculty can help direct you.
- 4th Wednesdays (at 7:15 am): Sports Medicine Grand Rounds. This is our primary lecture series, and offers a great opportunity to hear two lectures from experts in the field on various sports medicine topics. This lecture series takes place at the Conibear Shellhouse Rose Auditorium. Once again, our faculty can help direct you.

Interview

IF you are a 3rd year resident who's spending time with us during the interview season, you will be offered an opportunity to interview with us. Interviews will take place on the 2nd Wednesday of your rotation and will typically run from 9 am to 3 pm. You will have an opportunity to interview with each of our faculty. Please dress accordingly for this day. Ideally, you will have prepared your ERAS application and CV for us to review.

Thank you for making the effort to spend time with us!