

Outline - Certification Program

Interventional Orthopedics Foundation Physician Education Program

PURPOSE:

To establish a scientific evidenced-based educational process culminating in a certification examination whereby physicians and healthcare professionals can acquire the essential knowledge involved in the specialty of Interventional Regenerative Orthopedics. This Certification is designed to augment, not replace any existing recognized board examination and to provide medical professionals with the knowledge that serves as the basis for the skills that they will need to provide superior and cutting-edge patient care in percutaneous orthopedics.

OVERSIGHT:

The Interventional Orthopedics Foundation (“IOF”) will establish a Certification Committee made up of healthcare professionals at the medical professional level to peer review the certification process, educational curriculum and examination content for (Name of Certification Program). The Committee is tasked with ensuring that the Certification process is ethical, the educational curriculum is scientifically valid and evidence-based and that the examination and testing process are fair, impartial, and meet accepted standards for medical professionals.

CERTIFICATION COMMITTEE:

Shall assist with preparation and execution of the Certification by meeting to discuss specifics of the Certification Program, reviewing course content, enduring materials, faculty and examinations.

CERTIFICATION PLANNING COMMITTEE MEMBERS:

1. Christopher Centeno, MD
2. John Schultz, MD
3. Neven Steinmetz, PhD
4. John Pitts, MD

CONTINUING EDUCATION HOURS:

CME Solutions, LLC. will provide continuing medical education credit for Physician Applicants who successfully complete Levels Basic and Advanced.

ELIGIBILITY REQUIREMENTS FOR APPLICANTS

M.D. or D.O. with a musculoskeletal specialty:

- Physical Medicine and Rehabilitation
- Family Practice with the completion of a Sports Fellowship
- Interventional Spine (Anesthesiology or PMR),
- Orthopedic Surgery
- Interventional Radiology accepted only with significant hands on examination experience.

Basic	• General Pre-Requisite (as above)
Advanced	• Certification of IOF Basic course
	• Attestation of minimal clinical experience with 30 injections under guidance or prior course work and clinical experience that would be equivalent.
Advanced Spine	• Interventional spine experience in fluoro and/or ultrasound guided epidurals, facet injections
	• Attestation of accessing the transforaminal epidural space
	• Must have performed 50 cases each in the lumbar spine

Physician attendees will be selected for enrollment based on the following criteria: Core Skills Pre-Requisite Worksheet, pre-requisite video, testing, coursework and certification.

APPLICATION PROCESS

Basic Level –Essential Knowledge includes Core Skills Worksheet, Home Study Videos, Post Test Examination and Certification (Total Educational Hours = 90 hands-on / 7 hours videos / 8 hours post-testing)

Basic Level courses provide education in teaching:

- Introductory Orthobiologics: providing the practitioner basic knowledge of all orthobiologics including platelet rich plasma, platelet releasate, platelet lysate, same day stem cells, culture expanded stem cells, amniotic/placental products, platelet poor plasma, GF rich serums, cytokines, and growth factors.
- Musculoskeletal Ultrasound: Diagnostic scanning of musculoskeletal structures for interventional procedures for the ankle, foot, elbow, wrist, hand, knee, hip, shoulder, and spine.
- Image Guided Bone Marrow & Adipose Aspiration: General concepts as well as performing bone marrow and adipose aspirations under fluoroscopy and/or ultrasound guidance on live patients and cadaver models.
- Basics of Performing and Understanding Nucleated Cell Count and Viability Measurements: Basic laboratory set-up and procedures will be demonstrated on how to obtain accurate measurements of nucleated cell counts and cell viability; how to accurately assess the contents of cell-based injections.
- Injection Skills for Intra-Articular Approach and Specialized Structures of the Joint: 1 or 2-day didactic workshop covering injection education and techniques, followed by supervised practice session utilizing anatomic cadaver models. These structures include interventional procedures for the ankle, foot, elbow, wrist, hand, knee, hip, shoulder, and spine

Advanced Level –Essential Knowledge includes Core Skills Worksheet, Home Study Videos, Post Test and Certification (Total Educational Hours = 60 hands-on / 10 hours videos / 8 hours post-testing)

Advanced Level courses provide education in teaching:

- Injection Skills for Advanced Joint Structure and Bone: 1 or 2-day didactic workshop covering injection education and techniques, followed by supervised practice session utilizing anatomic cadaver models. These structures include interventional procedures for the ankle, foot, elbow, wrist, hand, knee, hip, shoulder, and spine
- Injection Skills for Advanced Spine: 1 day didactic workshop covering injection education and techniques, followed by supervised practice session utilizing anatomic cadaver model. These structures include interventional procedures for Intradiscal, Facet, SI, and Spine Ligaments, Intradiscal using PRP for facets and SI joint, and using platelet products epidural.

REQUIREMENTS FOR CERTIFICATION

- Fully complete and have complied with the application process.
- Successfully completing each Basic Course with a passing score of 70% or higher on examination
- Successfully completing each Advanced Course with a passing score of 70% or higher on examination

MD/DO CERTIFICATION RECOGNITION

MD/DO Applicants who successfully complete the IOF Physician Education Program will receive a professional quality embossed certificate of Certification in Basic and/or Advanced Course (per Course). Course attendees have access to all course materials, manuals, references, equipment lists, protocols, and videos for 12 months after course completion.

SUPPLEMENT – LIST OF LEARNED INJECTIONS

KNEE	
<p>Basic 18 hr hands-on 25:39 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Knee exam • Intra-articular supra-patellar pouch under US • Intra-articular under fluoro • Lateral patellofemoral joint under US • Patellar tendon under US • Quadriceps tendon under US
<p>Advanced 9 hr hands-on 97:52 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> IOF Level I knee and hip course with attestation of minimal clinical experience with 30 knee/hip injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • ACL under US and fluoro • Bone augmentation under fluoro • Lateral meniscus under US • LCL to fib head, popliteus, and biceps femoris under US • MCL and medial meniscus and ligaments under US • Medial-lateral retinaculum under US • PCL under US and fluoro
HIP	
<p>Basic 18 hands-on 38:32 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Hip exam • Intra-articular under US • Intra-articular under fluoro • Labrum and capsular ligaments under US • Posterior and medial hip tendons under US <ul style="list-style-type: none"> ○ Hamstrings and adductors
<p>Advanced 9 hr hands-on 57:17 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> IOF Level I knee and hip course with attestation of minimal clinical experience with 20 knee/hip injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • Femoral nerve block with US • Lateral hip tendons under US <ul style="list-style-type: none"> ○ Tensor Fascia Lata (TFL) ○ Gluteus medius and gluteus minimus ○ Piriformis ○ IT band origin ○ Gluts on iliac crest • Flexor tendons under US <ul style="list-style-type: none"> ○ ASIS/redis femoris ○ Iliopsoas ○ ITB/TFL/Gluts ○ Medial adductor group tendons ○ Hamstrings origin with US • Femoral and acetabulum bone augmentation under fluoro <ul style="list-style-type: none"> ○ Hip capsular hydrodilatation under US and fluoro
SHOULDER	
<p>Basic 18 hr hands-on 60:50 video 1 hr post test</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Shoulder exam • AC joint intra-articular under US and fluoro • Biceps tendon under US • Infraspinatus and teres under US • Intra-articular under US and fluoro • Sub-deltoid under US • Subscapularis tendon under US • Supraspinatus under US

<p>Advanced 9 hr hands-on 93:54 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> IOF Level I shoulder course with attestation of minimal clinical experience with 30 shoulder injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • AC ligament complex and SGHL under US • High suprascapular interscalene nerve block for infraspinatus under Fluoro • Interscalene supraclavicular brachial plexus nerve block under US • Intra-articular capsular hydrodilatation under US and Fluoro • Intraosseous injection under fluoro • MGHL/IGHL/Posterior capsule with labrum under US • Superior labral anchor under US and fluoro • Suprascapular nerve block under US
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ANKLE	
<p>Basic 18 hr hands-on 102:05 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Ankle exam • Ankle TT joint with US and fluoro • Subtalar joint under US and fluoro • Achilles tendon under US • Talo-navicular joint under US • Calcano-cuboid (CC) /transverse tarsal joint under US • Lateral and high ankle ligaments (ATF, CF, PTF, AITFL) under US • Lateral peroneal tendons (longus and brevis) under US
<p>Advanced 9 hr hands-on 98:12 video 1 hr post test</p>	<p><u>Specific Prerequisites:</u> IOF Level I ankle course with attestation of minimal clinical experience with 30 ankle injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • Medial tendons FDL, FHL and tibialis anterior and posterior under US • Medial deltoid ankle ligaments under US • Tibial nerve block under US • Subtalar intraarticular joint under US • Tibial nerve hydrodissection under US

FOOT	
<p>Basic See Ankle</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Foot exam • MTP joint under US and fluoro • Plantar fascia under US
<p>Advanced See Ankle</p>	<p><u>Specific Prerequisites:</u> IOF Level I foot course with attestation of minimal clinical experience with 20 foot injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • Digital nerve block under US • EHL tendon under US • Plantar plate under US • Foot sesmoid under US • Talar and calcaneal bone aug under US and Fluoro

ELBOW	
<p>Basic 18 hr hands-on 43:20 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> None</p> <ul style="list-style-type: none"> • Elbow exam • Elbow joints under US and Fluoro (radiohumeral and humeroulnar) • Medial and lateral epicondyle under US • Triceps tendon under US
<p>Advanced 9 hr hands-on 142:22 video 1 hr post-test</p>	<p><u>Specific Prerequisites:</u> IOF Level I elbow course with attestation of minimal clinical experience with 30 elbow injections under guidance or prior course work and clinical experience that would be equivalent.</p> <ul style="list-style-type: none"> • Distal biceps insertion under US • Lateral collateral ligament complex under US • Ulnar collateral ligaments under US • Ulnar nerve hydrodissection under US

HAND / WRIST	
Basic <i>See Elbow</i>	<u>Specific Prerequisites:</u> None <ul style="list-style-type: none"> • Hand exam • Finger joint injection under US and fluoro • Carpal metacarpal (CMC) intra-articular joint under US and fluoro • Wrist intra-articular under US and fluoro • APL and EPB-DeQuervains under US
Advanced <i>See Elbow</i>	<u>Specific Prerequisites:</u> IOF Level I hand course with attestation of minimal clinical experience with 20 hand injections under guidance or prior course work and clinical experience that would be equivalent. <ul style="list-style-type: none"> • CMC IA Ligaments and Median and Radial Nerve Block under US • Radial and Ulnar Nerve Blocks under US • Scapholunate (SL) Ligament Tear under US and Fluoro • 360 wrist ligaments under US • Flexor tendon sheath hydrodilataion under US • TFCC complex, RUC/DUC ligaments under US • Radial collateral ligament under US

SPINE	
Basic 9 hr hands-on 29:17 video 1 hr post-test	<u>Specific Prerequisites:</u> none <ul style="list-style-type: none"> • Spinal ligaments with ultrasound and fluoroscopy <ul style="list-style-type: none"> ○ Multifidus ○ Supraspinous-Interspinous Ligments ○ Iliolumbar ligaments ○ SI Joint/Ligaments
Advanced 9 hrs hands-on 28:53 video 1 hr post-test	<u>Specific Prerequisites:</u> Interventional spine experience in fluoro and/or ultrasound guided intradiscal, transfer epidurals, and facet injections. Must have performed 50 cases each in the lumbar spine. Advanced Regenerative Intradiscal, Facet, SI, and Spine Ligaments Intradiscal using PRP for facets and SI joint <ul style="list-style-type: none"> • Using platelet products epidural