

## WVU PCSM Sample Block Schedule

Our fellows work a schedule which combines longitudinal experiences that are consistent throughout the year along with two half-days per week which are occupied by whichever “Block Rotation” that they are assigned to for the month. Due to the complex nature of our schedule, we have attempted to illustrate it below. Figure 1 outlines our clinic sites as found in ADS and the Specialty Specific Document. Figure 2 provides an example of a weekly schedule. Figure 3 illustrates the traditional year-long block diagram of rotations for our fellowship, which the fellow participates in during the two half-days per week, as denoted by the Wednesday afternoon and Thursday morning “Block Rotation” designation in Figure 2.

**Figure 1- Clinic sites (as listed in ADS and Specialty Specific Document):** Clinic #1 and #2 are host sites for Primary Care Sports Medicine (PCSM) clinics and block rotations from Figure 3 below. Clinic #3, #4, and #5 are host sites for longitudinal sports coverage, shown as training room/event coverage, in Figure 2.

	Clinic #1	Clinic #2	Clinic #3	Clinic #4	Clinic #5
<b>Name of Clinic</b>	WVU Hospital Clinics and University Towne Center Orthopaedic Clinic	Healthworks Rehab and Fitness (Physical Therapy)	East Fairmont High School Training Room and Events	WVU Athletics Training Room and Events	Waynesburg University Training Room and Events
Director:	Ben Moorehead	Jack Brautigam	BJ Balcik	AJ Monseau	Ben Moorehead
Distance and time to primary hospital:	4.3 Miles (15 minutes)	0.7 miles (5 minutes)	26 miles (32 minutes)	0.1-5 miles (5-20 minutes)	30 miles (32 minutes)
How many days per week will each fellow be assigned to the clinic?	2	0.5	0.25	.25	.25
How many months per year?	12	1	4	12	4

**Figure 2- Fellow Weekly base schedule:** Numeric superscripts refer to the Clinic number from Figure 1.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8- 12 PM	Off	Primary Specialty	PCSM <sup>1</sup>	PCSM <sup>1</sup>	Block Rotation*	PCSM <sup>1</sup>	WVU or Waynesburg Event Coverage <sup>4,5</sup>
12-1 PM					Conference		
1-4 PM			PCSM <sup>1</sup>	Block Rotation*	WVU Training Room <sup>3</sup>	Research or PCSM <sup>1</sup>	
Evening			EFHS Training Room or Event Coverage <sup>3</sup>	Waynesburg Training Room or Event Coverage <sup>5</sup>	WVU Training Room or Event Coverage <sup>4</sup>	EFHS Training Room or Event Coverage <sup>3</sup>	

\*Monthly block schedule: The fellows rotate through the 12 monthly block rotations, as listed in Figure 3. Please see how these monthly block rotations are integrated into the fellow’s weekly schedule by referencing Figure 2, the Fellows Weekly Base Schedule.

**Figure 3- Yearly Block Diagram:** (These rotations are hosted at Clinic #1 or #2. See Figure 2 for activities at Clinic #3, #4, and #5)

Block	1	2	3	4	5	6	7	8	9	10	11	12
Clinic Site	1	1	1	1	1	1	1	1	1	1	1	1 and 2
Block Rotation Name	PCSM	Ortho Sports	Ortho Sports	Ortho Sports	Neuro/ MSK Rad	Exercise Stress Testing/ VO2 max testing	Ortho Foot/ Ankle	Ortho Hand	Ortho Spine	Sports Nutrition	Elective	Concussion PT/PT/OT
%Outpatient	95	95	95	95	95	95	95	95	95	95	95	95
%Research	5	5	5	5	5	5	5	5	5	5	5	5

**Notes**

**Abbreviations:** **PCSM**=Primary Care Sports Medicine, **MSK Rad**=Musculoskeletal Radiology, **PT**=Physical Therapy, **OT**=Occupational Therapy.

\*Block Rotation schedule in Figure 3: As explained above, each monthly block rotation will be integrated for 1-2 half-days per week in the Fellow Weekly Schedule (Figure 2).

**Ultrasound:** This will be an integrated, longitudinal rotation during the first few months of the year. The fellows spend 4-6 half-days with the Ultrasound Fellowship faculty covering MSK and Sideline Ultrasound. They can choose additional US electives, as fits their learning needs.

**Vacation-**Fellows are permitted to take their allotted 3 weeks of vacation during any rotation, with the approval of program leadership

**Electives:** Fellows can participate in a variety of elective experiences, including, but not limited to, Sports Psychology, Pulmonology/Pulmonary Function Testing, Ultrasound, etc.

**Research:** There will be dedicated, longitudinal research time integrated into the monthly and weekly block schedules. Didactic/conference schedule referenced separately, in detail.