What is the AMSSM and how can it help me?

The American Medical Society for Sports Medicine (AMSSM) was organized in 1991 by a group of physicians who recognized the need for a physician organization within the field of Sports Medicine that addressed overall health and functional capacity as it relates to the whole patient and the incorporation of an objectively verifiable knowledge base towards enhancement and preservation of function. The AMSSM was formed to provide a link between the rapidly expanding core of knowledge related to sports medicine and its application to patients in a clinical setting.

AMSSM, in conjunction with other sports organizations, sponsors several different Team Physician courses. AMSSM has an Annual Meeting where Sports Medicine Specialists meet to review and discuss the latest developments in Sports Medicine, present interesting cases and research, and foster collegial relationships with each other. To find out more about AMSSM and what it has to offer you, please visit our website at www.amssm.org.

American Medical Society for Sports Medicine

American Medical Society for Sports Medicine
(913) 327-1415
www.amssm.org

The Sports Medicine Specialist

COULD IT BE A CAREER FOR YOU?

The Sports Medicine Specialist

Could it be a career for you?

If you are interested in caring for active people of all ages and all levels of expertise from the weekend warrior to the elite athlete, you may be looking for a career as a Sports Medicine Specialist.

What is a Sports Medicine Specialist?

The Sports Medicine Specialist is a leader of the Sports Medicine team, which also includes specialty physicians and surgeons, athletic trainers, physical therapists, coaches, other personnel, and of course, the athlete.

They are physicians with a primary specialty in Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or Physical Medicine and Rehabilitation (PMR), most of whom obtain 1-2 years of additional training in Sports Medicine through accredited fellowship (subspecialty) programs in Sports Medicine. Physicians, who are board certified in Emergency Medicine, Family Medicine, Internal Medicine, Emergency Medicine, Pediatrics, or PMR, are then eligible to take a subspecialty examination in Sports Medicine.

Sports Medicine is a recognized subspecialty by the American Board of Medical Subspecialties and by Medicare.

What steps do I need to take to become a Sports Medicine Specialist?

Select rotations and electives in medical school with both primary care and orthopedic sports physicians to find out where your interests and talents lie. If treating the full spectrum of an athlete's medical needs is for you, pick a residency program that best suits your needs and interests (Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or PMR).

During Medical School and Residency, here are some ways to increase your exposure to sports medicine:

- Rotate or take electives with Sports Medicine Specialists
- Seek out Sports Medicine practitioners who may serve as mentors
- Find an AMSSM physician in your area by visiting the AMSSM website at www.amssm.org
- Participate in a Sports Medicine research project
- Volunteer to assist with coverage of local athletic events or pre-participation exams
- Join and participate in Sports Medicine organizations such as the AMSSM
- Attend Sports Medicine meetings and conferences, such as the AMSSM Annual Meeting
- Complete an Area of Concentration (AOC) curriculum in sports medicine (if applicable to your field of study).

What is the difference between a Sports Medicine Specialist and an Orthopedic Surgeon?

Both are well trained in musculoskeletal medicine. Sports Medicine Specialists specialize in the non-operative medical treatment of musculoskeletal sports conditions as well as the various medical aspects of Sports Medicine such as concussion. Orthopedic surgeons are also trained in the operative treatment of these conditions. Approximately 90% of all sports injuries are non-surgical, and Sports Medicine Specialists can coordinate care and expedite referral to an orthopedic/sports surgeon when indicated and can help guide referrals to appropriate rehabilitative care and ancillary services as needed.

How do I find a Sports Medicine Fellowship?

- A list of the accredited Sports Medicine Fellowships is available on the AMSSM website at **www.amssm.org**.
- People generally apply for a Sports Medicine Fellowship at the beginning of their third year of Residency.
- Interviews take place September through December and the Match occurs in early January.