

Sample Fellows' Academic Sessions: 2010 – 2011

AUGUST (Rotation w/Dr. Plancher, Dr. Nissen & Research)

Week 1

Monday August 2, 2010

- Fellowship Orientation – CT Office
- 7:00am CT Office – OKU Chapter 24 Assessment and Return to Play Following Sports Related Concussion (Guest Speaker – Dr. Nissen)
- Research Goals & Project Discussed

Tuesday August 3, 2010

- Fellowship Orientation – CT Office

Wednesday August 4, 2010

- Fellowship Orientation – CT Office

Thursday August 5, 2010

- Fellowship Orientation – CT Office

Friday August 6, 2010

- Fellowship Orientation – CT Office

Week 2

Monday August 9, 2010

- Seeing Patients CT/NY Office

Tuesday August 10, 2010 – All Day

- Assist Dr. Plancher Surgery

Wednesday August 11, 2010 – All Day

- Assist Dr. Plancher Surgery

Thursday August 12, 2010 – 8:30am – 5:30pm

- Seeing Patients NY Office

Friday August 13, 2010 – 8:30am – 5:30pm

- Seeing Patients CT Office

Week 3 – (3 research days)

Monday August 16, 2010

- Seeing Patients CT/NY Office

Tuesday August 17, 2010

- Drive to Hartford, UFL 2nd Physicals – Details to follow

Wednesday August 18, 2010 – Friday August 20, 2010

- Research Days – Hartford, CT

Week 4 (2 research days)

Monday August 23, 2010 – Friday August 27, 2010

- Research Days – Hartford, CT (Monday 8/23/10 and Tuesday 8/24/10)
- Pediatric Sports Medicine Rotation – Children's Hospital – Hartford, CT (Begins Wednesday 8/25/10 Nissen)

Week 5

Monday August 30, 2010 – Friday September 3, 2010

- Pediatric Sports Medicine Rotation – Children's Hospital – Hartford, CT (Nissen)

SEPTEMBER (Rotation w/ Dr. Nissen)

Week 6 (1 Holiday)

Orthopaedic Foundation for Active Lifestyles	Plancher Orthopaedics and Sports Medicine	
31 River Road #300 Cos Cob, CT 06807 203-869-2002 Ph 203-869-4040 Fax	31 River Road #100 Cos Cob, CT 06807 203-863-2003 Ph 203-863-2025 Fax	1160 Park Ave New York, NY 10128 212-876-5200 Ph 212-876-4440 Fax
www.OFALS.org	www.plancherortho.com	

Monday September 6, 2010 – Friday September 10, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)
- Labor Day Holiday – Office Closed – (Monday 9/6/10)

Week 7

Monday September 13, 2010 – Friday September 17, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)
- OFALS Board Meeting – Monday 9/13/10 – 6:30pm George Kollitides Office NYC - 299 Park Avenue Btwn 48th & 49th
22nd Floor

Week 8

Monday September 20, 2010 – Friday September 24, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)

Week 9

Monday September 27, 2010 – Thursday September 30, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)

OCTOBER (Rotation w/ Dr. Nissen and Research)

Week 9 continued

Friday October 1, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)

Week 10

Monday October 4, 2010 – Friday October 8, 2010

- Pediatric Sports Medicine Rotation – Children’s Hospital – Hartford, CT (Nissen)

Week 11 (5 research days)

Monday October 11, 2010 – Friday October 15, 2010

- Research Days

Week 12 (5 research days)

Monday October 18, 2010 – Friday October 22, 2010

- Research Days

Thursday October 21, 2010

- 7:00am Grand Rounds Beth Israel PACC Friedman Conference Center

Week 13 (5 research days)

Monday October 25, 2010 – Friday October 29, 2010

- Research Days

NOVEMBER (Rotation w/ Dr. Plancher)

Week 14

Monday November 1, 2010

- 7:30am CT Office – Academic Meeting – Physical Exam of the Shoulder (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday November 2, 2010

- Assist in Surgery –Stamford Hospital (Plancher)

Wednesday November 3, 2010

- Assist in Surgery – WASC (Plancher)

Thursday November 4, 2010

- Seeing Patients NYC Office (Plancher)

Friday November 5, 2010

- Seeing Patients CT Office (Plancher)

Week 15

Monday November 8, 2010

- 7:30am CT Office – Academic Meeting – Physical Exam of the Knee (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday November 9, 2010

- Assist in Surgery – Northern Westchester Hospital (Plancher)

Wednesday November 10, 2010

- Assist in Surgery – Beth Israel – (Plancher)

Thursday November 11, 2010

- Seeing Patients NYC Office (Plancher)

Friday November 12, 2010

- Seeing Patients CT Office (Plancher)

Week 16 (1 and ½ research days)

Monday November 15, 2010

- 7:30am CT Office – Academic Meeting – Physical Exam Ankle Sprains (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday November 16, 2010

- Assist in Surgery – Stamford Hospital (Plancher)

Wednesday November 17, 2010

- Assist in Surgery – WASC (Plancher)

Thursday November 18, 2010

- 7:00am – Grand Rounds Beth Israel PACC Friedman Conference Center
- Seeing Patients NYC Office in the morning (Plancher)
- ½ Research Day

Friday November 19, 2010

- Research Day

Week 17 (2 holidays)

Monday November 22, 2010

- 7:30am CT Office Academic Meeting – Physical Exam Elbow Injuries (Swartz)
- Hand In AOSSM Practice Test
- Seeing Patients CT/NYC Office (Plancher)

Tuesday November 23, 2010

- Assist in Surgery – Northern Westchester Hospital (Plancher)

Wednesday November 24, 2010

- Assist in Surgery – Beth Israel (Plancher)

Thursday November 25, 2010

- Thanksgiving Day – Holiday – Office Closed

Friday November 26, 2010

- Thanksgiving Holiday - Office Closed

Week 18

Monday November 29, 2010

- 7:30am CT Office – OKU – Chapter 1 Acute Shoulder Injuries (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday November 30, 2010

- Assist in Surgery – TBD – (Plancher)

DECEMBER (Rotation w/ Dr. Bellapianta/Vacation)

Week 18 continued

Wednesday December 1, 2010

- Seeing Patients CT Office (Bellapianta)

Thursday December 2, 2010

- Assist in Surgery/See Patients CT Office (Bellapianta)

Friday December 3, 2010

- 7:30am CT Office – OKU – Chapter 2 Non Acute Shoulder Injuries (Lawson)

- Assist in Surgery/See Patients CT Office (Bellapianta)

Week 19

Monday December 6, 2010

- 7:30am CT Office – OKU Chapter 3 Acute Elbow Injuries (Swartz)
- Seeing Patients CT Office (Bellapianta)

Tuesday December 7, 2010

- Seeing Patients NYC Office (Bellapianta)

Wednesday December 8, 2010

- Seeing Patients CT Office (Bellapianta)

Thursday December 9, 2010

- Assist in Surgery/See Patients CT Office (Bellapianta)

Friday December 10, 2010

- 7:30am CT Office – OKU Chapter 4 Non Acute Medial Elbow Injuries (Lawson)
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)

Week 20

Monday December 13, 2010

- 7:30am CT Office – OKU Chapter 5 Non Acute Injuries to the Lateral Elbow (Swartz)
- Seeing Patients CT Office (Bellapianta)

Tuesday December 14, 2010

- Seeing Patients NYC Office (Bellapianta)

Wednesday December 15, 2010

- Seeing Patients CT Office (Bellapianta)

Thursday December 16, 2010

- 7:00am Grand Rounds – Beth Israel PACC Friedman Conference Center
- Assist in Surgery/See Patients CT Office (Bellapianta)

Friday December 17, 2010

- Research Abstracts Due!!!
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)

Week 21

Monday December 20, 2010

- 7:30am CT Office – OKU Chapter 7 Groin and Pelvis Injuries (Swartz)
- Seeing Patients CT Office (Bellapianta)

Tuesday December 21, 2010

- Seeing Patients NYC Office (Bellapianta)

Wednesday December 22, 2010

- Seeing Patients CT Office (Bellapianta)

Thursday December 23, 2010

- Assist in Surgery/See Patients CT Office (Bellapianta)

Friday December 24, 2010

- Christmas Day Holiday – Office Closed

Week 22 (4 vacation days and 1 holiday)

Monday December 27, 2010 – Thursday December 30, 2010

- Vacation Days

Friday December 31, 2010

- New Year's Day Holiday – Office Closed

JANUARY (Rotation w/ Dr. Plancher)

Week 23

Monday January 3, 2011

- 7:30am CT Office – OKU Chapter 9 Techniques for Arthroscopy of the Hip (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday January 4, 2011

- Assist in Surgery – Stamford Hospital – (Plancher)

Wednesday January 5, 2011

- Assist in Surgery – WASC (Plancher)

Thursday January 6, 2011

- Seeing Patients NYC Office (Plancher)

Friday January 7, 2011

- 7:30am CT Office – OKU Chapter 10 Muscle Injuries (Lawson)
- Seeing Patients CT Office (Plancher)

Week 24 (2 research days)

Monday January 10, 2011

- 7:30am CT Office – OKU Chapter 11 Patellofemoral Joint Injuries (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday January 11, 2011

- Assist in Surgery – Northern Westchester Hospital (Plancher)

Wednesday January 12, 2011

- Assist in Surgery – Beth Israel (Plancher)

Thursday January 13, 2011

- Research Day

Friday January 14, 2011

- 7:30am CT Office – OKU Chapter 12 Knee Ligament Injuries (Lawson)
- National Articular Cartilage Course for Sports Medicine Fellow's, Carlsbad, CA – (TBD)
- Research Day

Saturday January 15, 2011

- National Articular Cartilage Course for Sports Medicine Fellow's, Carlsbad, CA – (TBD)

Sunday January 16, 2011

- National Articular Cartilage Course for Sports Medicine Fellow's, Carlsbad, CA – (TBD)

Week 25

Monday January 17, 2011

- 7:30am CT Office – OKU Chapter 13 Articular Cartilage Lesions/Osteoarthritis (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday January 18, 2011

- Assist in Surgery – Stamford Hospital (Plancher)

Wednesday January 19, 2011

- Assist in Surgery – WASC (Plancher)

Thursday January 20, 2011

- 7:00am Grand Rounds Beth Israel PACC Friedman Conference Center
- Seeing Patients NYC Office (Plancher)

Friday January 21, 2011

- 7:30am CT Office – OKU Chapter 14 Meniscal Injuries (Lawson)
- Seeing Patients CT Office

Week 26

Monday January 24, 2011

- 7:30am CT Office – OKU Chapter 15 Overuse Injuries of the Lower Extremity (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday January 25, 2011

- Assist in Surgery – Northern Westchester – (Plancher)

Wednesday January 26, 2011

- Assist in Surgery – Beth Israel – (Plancher)

Thursday January 27, 2011

- Seeing Patients NYC Office (Plancher)

Friday January 28, 2011

- 7:30am CT Office – OKU Chapter 16 Athletic Foot Disorders (Lawson)
- Seeing Patients CT Office (Plancher)

Week 27

Monday January 31, 2011

- 7:30am CT Office – OKU Chapter 17 Athletic Ankle Injuries (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

FEBRUARY (Research)

Week 27 continued (4 research days)

Tuesday February 1, 2011 – Friday February 4, 2011

- Research Days

Friday February 4, 2011

- 7:30am CT Office – OKU Chapter 6 Hand and Wrist Injuries (Lawson)

Week 28 (5 research days)

Monday February 7, 2011 – Friday February 11, 2011

- Research Days

Week 29 (5 research days)

Monday February 14, 2011 – Friday February 18, 2011

- Research Days
- Register for AOSSM Fellow's Exam (Monday 2/14/11)

Thursday February 17, 2011

- 7:00am Grand Rounds Beth Israel PACC Friedman Conference Center

Week 30 (5 research days and 1 holiday)

Monday February 21, 2011 – Friday February 25, 2011

- Research Days
- President's Day – Office Closed (Monday 2/21/11)

Week 31 (1 research day)

Monday February 28, 2011

- Research Day

MARCH (Rotation w/Dr. Plancher)

Week 31 continued

Tuesday March 1, 2011

- Assist in Surgery – Stamford Hospital - (Plancher)

Wednesday March 2, 2011

- Assist in Surgery – WASC – (Plancher)

Thursday March 3, 2011

- Seeing Patients NYC Office (Plancher)

Friday March 4, 2011

- Seeing Patients CT Office (Plancher)

Week 32

Monday March 7, 2011

- 7:30am CT Office – OKU Chapter 19 Rehabilitation of the Overhead Athlete's Elbow (Swartz)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday March 8, 2011

- Assist in Surgery – Northern Westchester Hospital (Plancher)

Wednesday March 9, 2011

- Assist in Surgery – Beth Israel (Plancher)

Thursday March 10, 2011

- Seeing Patients NYC Office (Plancher)

Friday March 11, 2011

- 7:00am CT Office – OKU Chapter 18 Rehabilitation Principles Following Rotator Cuff and Superior Labral Repair (Guest Speaker – TBD)
- Seeing Patients CT Office (Plancher)

Week 33

Monday March 14, 2011

- AOSSM Fellow's Exam Opens Online
- 7:30am CT Office – OKU Chapter 20 Anterior Cruciate Ligament Reconstruction: Rehabilitation Concepts (Lawson)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday March 15, 2011

- Assist in Surgery – Stamford Hospital – (Plancher)

Wednesday March 16, 2011

- Assist in Surgery – WASC – (Plancher)

Thursday March 17, 2011

- 7:00am Grand Rounds Beth Israel PACC Friedman Conference Center
- Seeing Patients NYC Office (Plancher)

Friday March 18, 2011

- 7:30am CT Office – OKU Chapter 21 Rehabilitation Following Osteochondral Injury to the Knee (Swartz)
- Seeing Patients CT Office (Plancher)

Week 34

Monday March 21, 2011

- 7:30am CT Office – OKU Chapter 22 Core Stabilization (Lawson)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday March 22, 2011

- Assist in Surgery - Northern Westchester Hospital (Plancher)

Wednesday March 23, 2011

- Assist in Surgery – Beth Israel (Plancher)

Thursday March 24, 2011

- Seeing Patients NYC Office (Plancher)

Friday March 25, 2011

- 7:30am CT Office – OKU Chapter 23 Hip Arthroscopy Rehabilitation: Evidence Based Practice (Swartz)
- Seeing Patients CT Office (Plancher)

Week 35

Monday March 28, 2011

- 7:00am CT Office – OKU Chapter 33 Cardiac Issues (Guest Speaker Dr. Schuster)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday March 29, 2011

- Assist in Surgery – TBD – (Plancher)

Wednesday March 30, 2011

- Assist in Surgery – TBD – (Plancher)

Thursday March 31, 2011

- Seeing Patients NYC Office (Plancher)

APRIL (Rotation w/Dr. Bellapianta and Dr. Philippon)

Week 35 continued

Friday April 1, 2011

- 7:30am CT Office – OKU Chapter 25 Cervical Spine (Lawson)
- 1st Draft of Research Paper Due
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)

Week 36

Monday April 4, 2011

- 7:30am CT Office – OKU Chapter 26 Tendon Overuse Pathology: Implications for Clinical Management (Swartz)
- Seeing Patients CT Office (Bellapianta)

Tuesday April 5, 2011

- Seeing Patients NYC Office (Bellapianta)
- Wednesday April 6, 2011
- Seeing Patients CT Office (Bellapianta)
- Thursday April 7, 2011
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)
- Friday April 8, 2011
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)

Week 37

- Monday April 11, 2011
- 7:00am CT Office – OKU Chapter 32 Sports Psychology and Mental Health Issues (Guest Speaker Anthony Alessi - Tentative)
 - Seeing Patients CT Office (Bellapianta)
- Tuesday April 12, 2011
- Seeing Patients NYC Office (Bellapianta)
- Wednesday April 13, 2011
- Seeing Patients CT Office (Bellapianta)
- Thursday April 14, 2011
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)
- Friday April 15, 2011
- Assist in Surgery/Seeing Patients CT Office (Bellapianta)

Week 38

- Monday April 18, 2011 – Friday April 22, 2011
- Vail Hip Arthroscopy Rotation – Steadman Hawkins Clinic (Philippon)

Week 39

- Monday April 25, 2011 – Friday April 29, 2011
- Vail Hip Arthroscopy Rotation – Steadman Hawkins Clinic (Philippon)

MAY (Rotation w/Dr. Plancher and Vacation)

Week 40

- Monday May 2, 2011
- AOSSM Fellow's Exam Must be Completed ONLINE TODAY
 - Seeing Patients CT/NYC Office (Plancher)
- Tuesday May 3, 2011
- Assist in Surgery – Stamford Hospital – (Plancher)
- Wednesday May 4, 2011
- Assist in Surgery – WASC – (Plancher)
- Thursday May 5, 2011
- Seeing Patients NYC Office (Plancher)
- Friday May 6, 2011
- Seeing Patients CT Office (Plancher)

Week 41

- Monday May 9, 2011
- Seeing Patients CT/NYC Office (Plancher)
- Tuesday May 10, 2011
- Assist in Surgery – Northern Westchester Hospital (Plancher)
- Wednesday May 11, 2011
- Assist in Surgery – Beth Israel (Plancher)
- Thursday May 12, 2011
- Seeing Patients NYC Office (Plancher)
- Friday May 13, 2011
- 7:00am CT Office – OKU Chapter 34 Infectious Disease in Athletes (Guest Speaker Dr. Parry)
 - Seeing Patients CT Office (Plancher)

Week 42 (5 vacation days)

Monday May 16, 2011 – Friday May 20, 2011

- Vacation Week

Week 43

Monday May 23, 2011

- Seeing Patients CT Office

Tuesday May 24, 2011

- Assist in Surgery – Northern Westchester Hospital (Plancher)

Wednesday May 25, 2011

- Assist in Surgery – Beth Israel (Plancher)

Thursday May 26, 2011

- Seeing Patients NYC Office (Plancher)

Friday May 27, 2011

- Seeing Patients CT Office (Plancher)

Week 44 (1 holiday)

Monday May 30, 2011

- Memorial Day Holiday – Office Closed

Tuesday May 31, 2011

- Assist in Surgery – TBD – (Plancher)

JUNE (Rotation w/Dr. Kaplan)

Week 44 continued

Wednesday June 1, 2011 – Friday June 3, 2011

- Sports Medicine Rotation, Waterbury, CT – (Kaplan)

Week 45

Monday June 6, 2011 – Friday June 10, 2011

- Sports Medicine Rotation, Waterbury, CT – (Kaplan)

Thursday June 9, 2011

- Fellow's Day at West Point Military Academy, presentation of original research –***Tentative***

Week 46

Monday June 13, 2011 – Friday June 17, 2011

- Sports Medicine Rotation, Waterbury, CT – (Kaplan)

Week 47

Monday June 20, 2011 – Friday June 24, 2011

- Sports Medicine Rotation, Waterbury, CT – (Kaplan)

Week 48

Monday June 27, 2011 – Thursday June 30, 2011

- Sports Medicine Rotation, Waterbury, CT – (Kaplan)

JULY (Rotation w/Dr. Plancher)

Week 49

Friday July 1, 2011

- 7:30am CT Office Academic Meeting – Ethics & Controversies (Plancher)
- Seeing Patients CT Office (Plancher)

Week 50 (1 holiday)

Monday July 4, 2011

- Independence Day Holiday – Office Closed

Tuesday July 5, 2011

- Assist with Surgery Stamford Hospital – (Plancher)

Wednesday July 6, 2011

- Assist in Surgery – WASC – (Plancher)

Thursday July 7, 2011

- Seeing Patients NYC Office (Plancher)

Friday July 8, 2011

- 7:30am CT Office – Academic Meeting – Practice Management Discussion (Plancher)
- Seeing Patients CT Office (Plancher)

Week 51

Monday July 11, 2011

- 7:30am CT Office Academic Meeting – Billing and Coding (Sherry Alberta)
- Seeing Patients CT/NYC Office (Plancher)

Tuesday July 12, 2011

- Assist in Surgery – Northern Westchester Hospital – (Plancher)

Wednesday July 13, 2011

- Assist in Surgery – Beth Israel – (Plancher)

Thursday July 14, 2011

- Seeing Patients NYC Office (Plancher)

Friday July 15, 2011

- 7:30am CT Office – Open OKU
- Seeing Patients CT Office

Week 52

Monday July 18, 2011

- 7:30am CT Office – Open OKU
- Seeing Patients CT/NYC Office (Plancher)

Tuesday July 19, 2011

- Assist in Surgery – Stamford Hospital – (Plancher)

Wednesday July 20, 2011

- Assist in Surgery – WASC – (Plancher)

Thursday July 21, 2011

- Seeing Patients NYC Office (Plancher)

Friday July 22, 2011

- 7:00am CT Office – OKU/Academic Meeting Dermatology in Sports Medicine (Guest Speaker Dr. Oestreicher)
- Final Research Paper Due
- Seeing Patients CT Office (Plancher)

Week 53

Monday July 25, 2011

- 7:30am CT Office – Open OKU
- Seeing Patients CT/NYC Office

Tuesday July 26, 2011

- Assist in Surgery – Northern Westchester Hospital – (Plancher)

Wednesday July 27, 2011

- Assist in Surgery – Beth Israel Hospital – (Plancher)

Thursday July 28, 2011

- Seeing Patients NYC Office (Plancher)
- Graduation/Farewell Gathering

Friday July 29, 2011

- 7:00am CT Office –Final Evaluations, Paperwork, Duty Hours to be turned in
- Seeing Patients CT Office (Plancher)