

USER GUIDE

Finding Study Material

ROCK contains over 500 chapters of content spanning 11 subspecialties, all curated by experienced orthopaedic surgeons.

Here are 6 options for finding study material on ROCK.

Option 1: Use the **search bar** to enter a keyword for a specific topic, then select the smaller search icon to view the search results and select a chapter to view as preferred.



Option 2: From the main navigation menu, select Study Material, then **Table of Contents**. This reveals a view of the content per subspecialty in the order expert editors suggest is best for studying.



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			Table of Contents					
My Dashboard			Chapters h	Hello, R(Pro	Hello, ROCK Resi Program Year		ent PGY	
THIS WEEK'S CHAPTERS	Latest Assignments		Report	s				
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ROCK Table of Contents

RESIDENT ORTHOPAEDIC

KNOWLEDGE

CORE

✓ Hip and Knee

Section 1: Basic Science
 History and Physical Examination of the Hip
 History and Physical Examination of the Knee
 Radiographic Evaluation of the Hip
 Radiographic Evaluation of the Knee
 Biomechanics of the Hip
 Biomechanics of the Knee
 Nonsurgical Manager to Hip Pain

Option 3: From the main navigation menu, select **Study Material, then Chapters**.

Review the chapters either by browsing the alphabetical list, filtering by Subspecialty on the left sidebar, or more.





Option 4: From the main navigation menu, select **Study Material, then Videos**.

This reveals a gallery of videos that may be browsed, were filtered, then browsed again. Use the Subspecialty titles on the left sidebar as the filters.

My Dashboard			Videos Program Year				ar: P	
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AAOS AMERICAN ACADEMY OF OKTHOPAEDIC SCREEDONS	STUDY SCHEDULE	ADDITIONAL ASSIGNMENTS	RESSTUDY	STUDY MATERIAL -	ABOUT ROCK 👻		۹	
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Video Res CHAPTERS VIDEOS	ources				
Subspecialty	796 Results			SORT BY: A-Z Last Updated	
Basic Science	7 MOS	In Most cases, the Quadrilateral surface is the anterior extent of			
Foot and Ankle	93 · · · · · · · · · · · · · · · · · · ·	the Posterior Column Fracture Line In Dese cases, the reduction of the		10 - 21 1 - 21	
General Principles	49 Name and A	Posterior column is all that is necessary	2000	#	
Hand and Wrist	56 00:18:45	00:20:54	00:07:57	00:12:20	
Hip and Knee	184		21 Point Arthroscopic	3D Fluoroscopic Imaging /	
Oncology	19		Examination of the Ankie	Intra-Op CT with Navigation	
Pediatrics	78 Sten 1 Release of distal part AAOS	Types of Organizations	Effective Communication	-	
Shoulder and Elbow	98 Starting Completed	Milation Issued - Satisfies profil, Includes charitable attivities Reading 50:5 Research 50:5	As leaders within the AAOS we had: - Adult devotional communication is a lead practice - share effective device control times	Data Reuse Opportunities Strategies and a first dataset de distance de l'abbaset de la serie de la se	
Spine	33	Minister-based • Represent the intervets of a business and/or stateholders	- The differe how historical puternalistic, top down communication styles	set of a spectrum part for each formula in the first behaviour and the spectrum part of	
Sports Medicine	65 00:12:27	00:58:34	00:53:46	O0:59:11 Our constraints of the second sec	
Trauma	A Simple, Stepwise, Outside-in Technique for Lateral Retinacular Release for Management of Patellar Maltracking During Total Knee Arthroplasty	AAOS Leadership Institute (ALI) – Decoding The Mystery of AAOS Governance	AAOS Leadership Institute (ALI) – The New Rules For Effective Communications	Accessing Data From the World's Largest Hip and Knee Registry by Annual Procedure Count	

Option 5: If you're a subscribing resident with an assigned study schedule upon sign in, select from the main navigation menu **Study Schedule**, and you'll see your weekly assignment, including its chapters of specific content.





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Or if you're a subscribing resident with an assigned study schedule, check on your dashboard the **This Week's Chapters** section for the topics you'll be covering this week as part of your weekly assignment.



Option 6: If you're a subscribing resident from the main navigation menu, select Additional Assignments. This enables the viewing of any personal assignments for you from your program director or program coordinator. Each might include specific topics.





RESIDENT ORTHOPAEDIC CORE KNOWLEDGE

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	COMPLETED
DUE ON: 6/6/2023 ASSIGNED ON: 5/30/2023 ASSIGNED BY: D Rothberg	
sample assignment	NOT STARTED
DUE ON: 3/3/2023 ASSIGNED ON: 2/15/2023 ASSIGNED BY: R Program Director	
Chapters	
Acute Lateral Ankle Instability Adult Thoracolumbar Spine Anatomy	and Biomechanics of
Deformity: Sagittal Imbalance the Knee	
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Once specific content is located, engage with its multimedia resources and built in assessments.