

# **Listening to ROCK**

R

For those who prefer to study orally and listen to rock in an experience akin to an audio book or podcast, here are instructions for listening to the content in the Microsoft Edge, Mozilla Firefox, and Google Chrome browsers.

For Microsoft Edge users,

1. Open the Edge browser, navigate to rock.aaos.org and sign in. Then, navigate to any chapter page for studying. In the URL bar, find and click or tap the gray "A" with soundwaves icon.



2. This will open a horizontal control bar featuring a play button, forward and back buttons, and a voice options menu with speed and voice type options.

| 000-   | AAOS   Elbow Art                             | hritis            | × +                       |    |        |    |       |        |   |     |         |     |    | -        | 0     | × |
|--|--|-------------------|---------------------------|----|--------|----|-------|--------|---|-----|---------|-----|----|----------|-------|---|
| < C △  | https://rock.aaos.                           | org/courseCon     | tent.aspx?id=600106       | 54 | Q      | Q  | A     | 03     | 습 | ß   | Ф       | ۲   | 3  | -        |       | • |
| IIII Read aloud                                    |  |                   |                           |    | 00 0   | N  |       |        |   |     |         |     | 81 | loice op | tions | X |
| AAOS<br>American Academy of<br>Orthophysic Sources | RESIDENT<br>ORTHOPAEDIC<br>CORE<br>KNOWLEDGE | STUDY<br>SCHEDULE | ADDITIONAL<br>ASSIGNMENTS | RE | SSTUDY | ST | JDY M | ATERIA | × | ABO | UT ROCI | к 🕶 |    | Q        | ĉ     |   |



3. This read aloud listening option can be turned off by selecting the X on the right side of that menu.



For Mozilla Firefox users,

1. Open Mozilla Firefox, navigate to rock.aaos.org, sign in, and navigate to any chapter page for studying. In the URL bar, tap or click the black-lined rectangular icon.

| AAOS   Elbow Arthritis                               | × +                 |                               |                    |                           |                       |               |              | ~            | -         |       |
|--|---------------------|-------------------------------|--------------------|---------------------------|-----------------------|---------------|--------------|--------------|-----------|-------|
| $\leftarrow \ \rightarrow \ C \ \ \textcircled{a}$   | O A http            | s://rock. <b>aaos.org</b> /co | ourseContent.as    | px?id=6001064             | E                     | 08 60         | \$           | 1            | ♡ ♣       | Û     |
| AAOS<br>AMERICAN ACOMENY OF<br>OPTIONADIC SOFICIONES | C STUDY<br>SCHEDULE | ADDITIONAL<br>ASSIGNMENTS     | RESSTUDY           | STUDY MATERIAL 👻          | ABOUT ROCK 👻          | C             |              |              | ٩         | 90    |
| CHAPTERS / SHOULDER AND EL                           | LBOW   ELBOW ART    | THRITIS                       |                    |                           |                       |               |              |              |           |       |
| Elbow Arthri   | itis                |                               |                    |                           |                       |               |              |              |           |       |
| CORE November 04,                                    | , 2024 A            | ndrew R. Jensen, MD, I        | MBE                |                           |                       |               |              |              |           |       |
| FULL VIEW OUTLINE VIEW                               |                     |                               |                    |                           |                       |               |              |              |           |       |
| Pretest  |                     |                               |                    |                           |                       |               |              |              |           |       |
| Discover What You Know                               |                     |                               |                    |                           |                       |               |              |              |           |       |
| Learning Objectives                                  |                     |                               |                    |                           |                       |               |              |              |           |       |
| Learn that the different                             | arthritides affect  | ing the elbow have            | substantially dif  | ferent presentations and  | d treatment considera | ations.       |              |              |           |       |
| Primary osteoarthritis o                             | f the elbow is hyp  | pertrophic in nature          | , most common      | ly presents in manual la  | borers, and demonstr  | rates a relat | ive preserva | ation of the | e ulnohun | neral |
| articular space. It respo                            | nds well to arthro  | oscopic managemen             | nt: total elbow an | throplasty rarely is requ | ired.                 |               |              |              |           |       |

2. The page will refresh with a simplified layout. There will be a menu bar on the left. Select the headphone icon to begin the reading aloud and listening to the page contents.



RESIDENT ORTHOPAEDIC

KNOWLEDGE

CORE

### **USER GUIDE**



3. The speed of the reading voice, as well as the voice itself may be adjusted via this menu.

|   | AAOS   Elbow Arthritis            | × +   | ~   |         |  |  |  |
|---|-----------------------------------|---|-----|---------|--|--|--|
| ← | $\rightarrow$ C $\textcircled{a}$ | D https://rock.aaos.org/courseContent.aspx?id=6001064 | E 🏠 | $\odot$ |  |  |  |





4. To return to viewing the chapter prior to the simplified layout and end the listening experience, select the X of the side menu or select the now blue rectangular icon.



### •••••



For Google Chrome users,

1. Open Google Chrome, navigate to rock.aaos.org, sign in, and navigate to any chapter page for studying. Then from the toolbar, select the puzzle-piece-shaped Extensions icon, then the gear or Manage Extensions option from the menu.







### 2. In the left sidebar, select Chrome Web Store.

| ÷ . | → C   | e://extensions  | ☆ | Ð       | 1.4    | . : |
|-----|---|---|---|---------|--------|-----|
| 0   | Extensions  | Q Search extensions   | D | evelope | r mode |     |
| Ð   | My extensions   |   |   |         |        |     |
| 80  | Keyboard shortcuts  | All Extensions  |   |         |        |     |
| 6   | Discover more extensions<br>and themes on the <u>Chrome</u><br><u>Web Store</u> | Adobe Acrobat: PDF edit, convert, sign tools<br>Do more in Google Chrome with Adobe Acrobat<br>PDF tools. View, fill, comment, sign, and try<br>convert and compress tools. |   |         |        |     |

3. Then search for keywords related to an audio experience, such as Read Aloud or Text to Speech.



#### RESIDENT ORTHOPAEDIC CORE KNOWLEDGE

### **USER GUIDE**



4. Install one of these extensions by clicking the Add to Chrome button. This adds the extension to your browser.





5. Once installed, return to the Manage Extensions interface, find the newly added extension and select Details.



6. Then select Pin to Toolbar for easy access to that extension and feature.





7. Return to the ROCK chapter page and select the newly visible extension icon for the listening experience. Once selected, it should begin reading the page aloud at once.

| 👻 🖷 🚥 AAOS  | 5   Elbow Arthritis                          | × 🛸 Extensi       | ions - Read Aloud: A Teri | K 🕴 👝 Read Aloud | A Text to Speech 🗸 🔰 🕇 |              | -  |    | × |
|---|--|-------------------|---------------------------|------------------|------------------------|--------------|----|----|---|
| < → C (   | tock.aaos.org/cour                           | rseContent.aspx?i | d=6001064                 |                  |                        | ¢            | 10 | 4  | : |
| AAOS<br>AMERICAN ACADEMY OF<br>DETHOPAERIC SUBGEONS | RESIDENT<br>ORTHOPAEDIC<br>CORE<br>KNOWLEDGE | STUDY<br>SCHEDULE | ADDITIONAL<br>ASSIGNMENTS | RESSTUDY         | STUDY MATERIAL 👻       | ABOUT ROCK 👻 | Q  | °C |   |
| CHAPTERS / S  | HOULDER AND ELBO                             | W   ELBOW ART     | HRITIS                    |                  |                        |              |    |    |   |
| Elbow   | Arthrit                                      | is                |                           |                  |                        |              |    |    |   |
| • CORE  | November 04, 20                              | 24 A              | ndrew R. Jensen, MD. M    | /BE              |                        |              |    |    |   |
| FULL VIEW   | OUTLINE VIEW                                 |                   |                           |                  |                        |              |    |    |   |
| Pretest   |  |                   |                           |                  |                        |              |    |    |   |
| Discover What Y                                     | ou Know                                      |                   |                           |                  |                        |              |    |    |   |
| Learning C  | Objectives                                   |                   |                           |                  |                        |              |    |    |   |

- Learn that the different arthritides affecting the elbow have substantially different presentations and treatment considerations.
- Primary osteoarthritis of the elbow is hypertrophic in nature, most commonly presents in manual laborers, and demonstrates a relative
  preservation of the ulnohumeral articular space. It responds well to arthroscopic management; total elbow arthroplasty rarely is required.

8. It may also offer a menu like this with additional options.

| $\leftrightarrow \rightarrow \ G$ | C Read Aloud: A Text to Speech Voice Reader | chrome-extension;//hdhinadidafjejdhmfkjgnolgimiaplp/options.html | \$ | ٤ | 3 | * | ł |
|-----------------------------------|---|--|----|---|---|---|---|
| Option:<br>EditLibortcu           | <b>S</b><br>It keys                         |  |    |   |   |   |   |
| Voice T                           |   | Auto select  |    |   |   |   | ~ |
| Speed /                           |   | 0  |    |   |   |   | D |
| Pitch                             |   |  |    |   | - |   |   |
| Volume                            |   | ¢  |    | - |   | - |   |
| Text Highlig                      | hting                                       | Show in popup  |    |   |   |   | * |
| Test Res                          | et  |  |    |   |   |   |   |

9. Select a "Stop" button or something similar to end the listening experience.

Remember: In addition to reading or listening to ROCK in English, ROCK can also be studied in other languages. View the <u>Translating ROCK video</u> for more information.