

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am	Tuesday Sports Medicine Lectures		Ortho Core Grand Rounds 630-930 or			
7-8 am	615-715 am		Stanford Sports Medicine PT Rounding	MD Observation/ Research prep/Other	Patient Care 5 hours	
8-9 am	Patient Care 8 hrs	Patient Care 6 hrs	Or Radiology Rounds			Didactic Lectures
9-10 am						
10-11 am			Patient care 5 hours	PT Mentor time -- 5 hrs		
11-12 pm			Lunch			
12-1 pm	Lunch; Meeting Wednesday					
1-2 pm			Journal Club		Hand Lectures 8-10 am switches to afternoon patient care or	
2-3 pm					Lecture Testing till 4pm	
3-4 pm						
4-5 pm				Primary Mentor		
5-6 pm	Case Conference					
6-7 pm	530-630 pm					
47.5 Total Hrs - lunch	10.5 hrs	6 hrs	10 hrs	9 hrs	5-8 hrs	6 hrs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am	Tuesday Sports Medicine Lectures		Ortho Core Grand Rounds 630-930 or			
7-8 am	615-715 am		Stanford Sports Medicine PT Rounding	MD Observation/ Research prep/Other	Patient Care 5 hours	
8-9 am	Patient Care 8 hrs	Patient Care 1 hrs	Or Radiology Rounds			Didactic Lectures
9-10 am		PT Mentor time -- 5 hrs				
10-11 am			Patient care 5 hours	Patient Care 5 hours		
11-12 pm			Lunch			
12-1 pm	Lunch; Meeting Wednesdays					
1-2 pm			Journal Club		Hand Lectures 8-10 am switches to afternoon patient care or	
2-3 pm					Lecture Testing till 4pm	
3-4 pm		Primary Mentor				
4-5 pm						
5-6 pm	Case Conference					
6-7 pm	530-630 pm					
47.5 Total Hrs - lunch	9.5 hrs	9 hrs	10 hrs	8 hrs	5-8 hrs	6 hrs