

# DERM & MSK REVIEW



## DAY 1

### 100 Concepts in Gross Anatomy for the USMLE Step 1

Total Duration: 1 hour, 45 minutes, and 28 seconds

- USMLE Musculoskeletal Review (1:45:28)

## DAY 2

### Dermatology and Exanthems

Total Duration: 44 minutes, 36 seconds

- Overview (3:36)
- Approach to Urticaria (8:37)
- Dermatology Nomenclature (4:45)
- Plaques (3:51)
- Viral & Bacterial Exanthems (7:21)
- Rubella (3:01)
- Measles (2:39)
- Roseola (0:31)
- Erythema Infectiosum (5:05)
- Systemic Manifestations of Herpes (3:10)
- Varicella Infections on USMLE (2:00)

#### Suggested Study Duration:

- Watch all the listed videos.
- Spend an additional 20 minutes reviewing the 100 Concepts in Gross Anatomy for the USMLE Step 1 - PDF Handout.

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## DAY 3

### Infections, Rashes, and MSK Review

Total Duration: 16 minutes, 12 seconds

- Erysipelas vs Cellulitis (1:29)
- Staph and Strep Infections (2:57)
- Nikolsky Sign Manifestations for the USMLE (3:36)
- Neonatal Rashes (2:34)
- Precursor Lesions to Neoplasia (3:17)
- Summary (2:19)

**Suggested Study Duration:**

- Watch all the listed videos.
- Spend an additional 30-40 minutes reviewing Important Microbes for MSK and USMLE Musculoskeletal Review topics using your study resources and notes.

## DAY 4

### Top NBME Concepts: Rheumatology

Total Duration: 1 hour, 43 minutes, 45 seconds

- Introduction (2:45)
- NMJ Disorders (9:56)
- Bullous Diseases (5:33)
- Hemoptysis & Hematuria (7:34)
- Skin Cancers (with Neural Crest) (19:50)
- RA vs OA (12:49)
- Seronegative Spondyloarthritis (7:28)
- Lupus (8:03)
- Anti Body Rapid Fire (USMLE) (8:34)
- Integrative Classroom Case: Introduction to Dermatological Principles (6:22)
- Integrative Classroom Case: Fungal Rashes (7:49)
- Integrative Classroom Case: Collagen Disorders & Synthesis (7:02)
- Integrative Classroom Case: Bone Disorders