

Wise clinical reasoning when treating athletes with hip & groin pain

An interactive clinical workshop



Date	Workshop: 22 nd September 2020 – 12:00 to 17:00														
Venue	Worcester College, University of Oxford Workshop: Linbury Room														
Cost	Symposium plus workshop: <table border="1" data-bbox="512 837 1386 976"> <tr> <td>Physicians</td> <td>Allied Healthcare Practitioners</td> <td>Students (limited spaces available until 30th April 2020)</td> </tr> <tr> <td>£350</td> <td>£250</td> <td>£200</td> </tr> </table> Symposium only (Note: it is not possible to register for the workshop only) <table border="1" data-bbox="512 1021 1386 1160"> <tr> <td>Physicians</td> <td>Allied Healthcare Practitioners</td> <td>Students (limited spaces available until 30th April 2020)</td> </tr> <tr> <td>£300</td> <td>£200</td> <td>£150</td> </tr> </table> Dinner: £61			Physicians	Allied Healthcare Practitioners	Students (limited spaces available until 30 th April 2020)	£350	£250	£200	Physicians	Allied Healthcare Practitioners	Students (limited spaces available until 30 th April 2020)	£300	£200	£150
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CPD Accreditation	“The Royal College of Surgeons of England has awarded up to 10.5 CPD points” for this event: Workshop: 4.5 CPD Credits – Royal College of Surgeons Symposium: 6.0 CPD credits – Royal College of Surgeons http://accreditation.rcseng.ac.uk/Home/InfoAccredited														
Scientific Planning Committee	Paul Dijkstra (Chair), Siôn Glyn-Jones, Mike Clarke, Karim Khan, Veronika Williams, Clare Ardern, Jason Oke, Amy Price, Andrea Mosler, Joanne Kemp, Sally Hopewell, Sheree Bekker, Sue King														
Scientific Faculty	Inger Mechlenburg, Per Hölmich, Joanne Kemp, Andrea Mosler, Kristian Thorborg, Andreas Serner														

Overall workshop objectives. Following this workshop participants will be able to:

1. Identify and define common hip and groin conditions in athletes
2. Describe the evidence-based approach to diagnosing hip and groin conditions in athletes
3. Discuss the best Patient Related Outcome Measures to use in athletes with hip and groin pain
4. Develop a clinical management plan for common hip and groin conditions in athletes

5. List reasons for a surgical opinion in athletes presenting with hip and groin conditions

12:00 – 12:45	Registration	
12:45 – 13:00	Welcome and introduction	Paul Dijkstra
13:00 – 14:30 Session 1: Athletic hip & groin pain - diagnosis and clinical reasoning Chairs: Inger Mechlenburg and Kristian Thorborg		
Evidence-based diagnosis and clinical reasoning in treating the athlete presenting with hip & groin pain (45 min) Faculty: Per Hölmich and Andreas Serner		
We will describe our clinical reasoning framework for treating athletes with hip and groin pain		Per Hölmich and Andreas Serner
Common hip and groin conditions in the athlete presenting with hip & groin pain (45 min) Faculty: Andreas Serner and Per Hölmich		
We will discuss a clinical approach to the most common conditions in athletes presenting with hip and groin pain		Andreas Serner and Per Hölmich
14:30 – 15:00 Tea		
15:00 – 17:00 Session 2: Managing the athlete with hip-related groin pain – what must you do before considering a surgical referral? Chairs: Inger Mechlenburg and Per Hölmich		
Clinical pearls in managing the athlete presenting with hip & groin pain: physiotherapy-led treatment (120 min) Faculty: Joanne Kemp and Andrea Mosler		
We will provide an evidence-based overview on how to assess, diagnose and treat athletes with hip and groin pain, and when to consider a surgical referral. We will emphasise evidence-based clinical practice, and how this approach will improve treatment outcomes for athletes with hip and groin pain.		Joanne Kemp and Andrea Mosler

Pre-reading:

1. Doha agreement meeting on terminology and definitions in groin pain in athletes: <https://bjsm.bmj.com/content/49/12/768>
2. The Warwick Agreement on femoroacetabular impingement syndrome (FAI syndrome): an international consensus statement: <https://bjsm.bmj.com/content/50/19/1169>
3. Physiotherapist-led treatment for young to middle-aged active adults with hip-related pain: consensus recommendations from the International Hip-related Pain Research Network, Zurich 2018 <https://bjsm.bmj.com/content/early/2019/12/26/bjsports-2019-101458>