

## Wise clinical reasoning when treating athletes with hip & groin pain

### An interactive clinical workshop



<b>Date</b>	Workshop: 22 <sup>nd</sup> September 2020 – 12:00 to 17:00														
<b>Venue</b>	Worcester College, University of Oxford Workshop: Linbury Room														
<b>Cost</b>	<b>Symposium plus workshop:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Physicians</td> <td style="width: 33%;">Allied Healthcare Practitioners</td> <td style="width: 33%;">Students (limited spaces available until 30<sup>th</sup> April 2020)</td> </tr> <tr> <td>£350</td> <td>£250</td> <td>£200</td> </tr> </table> <b>Symposium only</b> (Note: it is not possible to register for the workshop only) <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Physicians</td> <td style="width: 33%;">Allied Healthcare Practitioners</td> <td style="width: 33%;">Students (limited spaces available until 30<sup>th</sup> April 2020)</td> </tr> <tr> <td>£300</td> <td>£200</td> <td>£150</td> </tr> </table> <b>Dinner: £61</b>			Physicians	Allied Healthcare Practitioners	Students (limited spaces available until 30 <sup>th</sup> April 2020)	£350	£250	£200	Physicians	Allied Healthcare Practitioners	Students (limited spaces available until 30 <sup>th</sup> April 2020)	£300	£200	£150
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<b>CPD Accreditation</b>	“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 <a href="http://accreditation.rcseng.ac.uk/Home/InfoAccredited">http://accreditation.rcseng.ac.uk/Home/InfoAccredited</a>														
<b>Scientific Planning Committee</b>	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														
<b>Scientific Faculty</b>	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
<b>13:00 – 14:30 Session 1: Athletic hip &amp; groin pain - diagnosis and clinical reasoning</b> <b>Chairs: Inger Mechlenburg and Kristian Thorborg</b>		
Evidence-based diagnosis and clinical reasoning in treating the athlete presenting with hip & groin pain (45 min) <b>Faculty: Per Hölmich and Andreas Serner</b>		
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) <b>Faculty: Andreas Serner and Per Hölmich</b>		
We will discuss a clinical approach to the most common conditions in athletes presenting with hip and groin pain		Andreas Serner and Per Hölmich
<b>14:30 – 15:00 Tea</b>		
<b>15:00 – 17:00 Session 2: Managing the athlete with hip-related groin pain – what must you do before considering a surgical referral?</b> <b>Chairs: Inger Mechlenburg and Per Hölmich</b>		
Clinical pearls in managing the athlete presenting with hip & groin pain: physiotherapy-led treatment (120 min) <b>Faculty: Joanne Kemp and Andrea Mosler</b>		
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>