



The Oxford-Aspetar-La Trobe Young Athlete’s Hip Webinar Series

The Young Athlete’s Hip Research (YAHiR) Collaboration

Protecting the young athlete’s hip: the frontline of clinical practice and research on primary cam morphology and femoroacetabular impingement (FAI) syndrome

#OxfordHip2021

| Date | Title and faculty | CPD 17.5 |
|---|--|-------------|
| 20 th Nov 2020, 5pm GMT | 1. What is primary cam morphology? Taxonomy, terminology and definitions Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Karim Khan | 1 |
| 11 th Dec 2020, 6pm GMT | 2. Imaging strategies for primary cam morphology and FAI syndrome Paul Dijkstra, Ara Kassarian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer with Bruce Forster and Scott Fernquest | 1.5 |
| 15 th Jan 2021, 7pm GMT | 3. What causes primary cam morphology and FAI syndrome? Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Siôn Glyn-Jones, Josh Heerey, Pim van Klij | 1.5 |
| 5 th Feb 2021, 7pm GMT | 4. Screening and prevention of primary cam morphology and its consequences in athletes Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Andrea Mosler, Jason Oke | 1.5 |
| 26 th Feb 2021, 7pm GMT | 5. Hip dysplasia, cam morphology and FAI syndrome – is there a link? Julie Jacobsen, Inger Mechlenburg, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 26 th March 2021, 7pm GMT | 6. What are the consequences of primary cam morphology? Andrea Mosler, Josh Heerey, Siôn Glyn-Jones, Rintje Agricola, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 30 th April 2021, 5pm BST | 7. Treatment and prognosis of primary cam morphology and FAI syndrome in young athletes Joanne Kemp, Mo Gimpel, Per Hölmich, Siôn Glyn-Jones, Marc Philippon, Clare Ardern, Paul Dijkstra | 2 |
| 28 th May 2021, 5pm BST | 8. Young Athlete’s Hip Research (YAHiR) collaboration Sean Mc Auliffe, Paul Dijkstra, Femi Ayeni, Antony Palmer, Sheree Bekker, Lauren Pierpoint, Joanne Kemp, Clare Ardern | 2 |
| 25 th June 2021, 5pm BST | 9. Involving patients and the public in developing, performing and reporting research on primary cam morphology Amy Price, Andrea Mosler, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 16 th July 2021, 5pm BST | 10. The YAHiR Collaboration’s Delphi exercise on primary cam morphology terminology, definitions and imaging outcome measures Clare Ardern, Paul Dijkstra, Eugene McNally, Andrea Mosler, Siôn Glyn-Jones, Joanne Kemp | 1.5 |
| 23 rd or 24 th Sept 2021, 5pm BST | 11. Young Athlete’s Hip Research Collaboration: sharing data – prospective individual participant data (IPD) meta-analysis supported by mixed methods research Mike Clarke, Gary Collins, Clare Ardern, Trish Greenhalgh, Paul Dijkstra, Joanne Kemp | 2 |

Version: 30 August 2020 (8)



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Medical Sciences Division

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|---|--|
| Scientific Planning & Organising Committee | Paul Dijkstra (Chair), Siôn Glyn-Jones (Co-Chair), Mike Clarke (Co-Chair), Joanne Kemp (Co-Chair), Karim Khan, Trisha Greenhalgh, Jason Oke, Clare Ardern, Andrea Mosler, Louise Strickland, Sofie Nelis, Faten Smiley, Sue King, Tiya Muluzi, Matt Brock, Ruth Davis |
| Scientific Faculty | Rintje Agricola, Clare Ardern, Femi Ayeni, Sheree Bekker, Gary Collins, Paul Dijkstra, Mo Gimpel, Siôn Glyn-Jones, Trisha Greenhalgh, Josh Heerey, Per Hölmich, Julie Jacobsen, Ara Kassarian, Joanne Kemp, Sean Mc Auliffe, Eugene McNally, Inger Mechlenburg, Andrea Mosler, Jason Oke, Antony Palmer, Marc Philippon, Lauren Pierpoint, Amy Price, Louise Strickland. Guest Faculty: Scott Fernquest, Bruce Forster, Pim van Klij |
| Cost | £75 for all 11 webinars |
| CPD Accreditation | The Royal College of Surgeons of England (17.5 CPD credits) http://accreditation.rcseng.ac.uk/Home/InfoAccredited |
| Collaborating Institutions | A collaborative event between the University of Oxford, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital, and La Trobe University. Approved by British Journal of Sports Medicine (BJSM) as “Quality International Education” Endorsed by: CIHR Institute of Musculoskeletal Health and Arthritis (CIHR) Faculty from: Aarhus University, University of Bath, Copenhagen University, Erasmus University Medical Centre, McMaster University, Philippon Steadman Clinic, Southampton Football Club, Stanford University, Qatar University |



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Overall Objectives

Following this webinar series participants will be able to:

1. Discuss terminology and definitions for primary cam morphology and femoroacetabular impingement (FAI) syndrome
2. Compare imaging outcome measures in research studies on how primary cam morphology develops, and in clinical practice when treating patients with FAI syndrome
3. List the risk factors for primary cam morphology in athletes, and discuss the definition, measurement and reporting of these
4. Describe potential benefits and harms of screening for primary cam morphology in athletes, including wise treatment strategies, overdiagnosis and overtreatment
5. Describe hip dysplasia and its role in FAI
6. Discuss primary cam morphology prognosis, including who is likely to develop FAI syndrome and hip osteoarthritis
7. Discuss wise clinical management of asymptomatic athletes with primary cam morphology, and those with FAI syndrome
8. Develop a research plan for prospective research on aetiology and prognosis of hip conditions in the young athlete
9. Develop a plan for Patient and Public Involvement (PPI) in hip research
10. Discuss the role of prospective individual participant data meta-analyses in research on primary cam morphology formation and prognosis

The Oxford-Aspetar-La Trobe Young Athlete's Hip Webinar Series

WEBINAR 1: What is primary cam morphology? Taxonomy, terminology and definitions (1 hour)

Faculty: Clare Ardern, Siôn Glyn-Jones, Paul Dijkstra, Karim Khan

Objectives

Following this webinar participants will be able to:

1. Discuss the current inconsistent use of terminology and definitions for primary cam morphology
2. Describe 3 key elements of concept analysis method
3. Discuss why primary cam morphology in the athlete matters

How do we talk about and define primary cam morphology?

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|--------|---|--|
| 8 min | Introduction | Paul Dijkstra, Clare Ardern & Karim Khan |
| 12 min | Confusing terminology, definitions and outcome measures make it difficult to protect athletes' health | Clare Ardern |
| 12 min | What is primary cam morphology? A concept analysis | Paul Dijkstra |
| 12 min | Why is primary cam morphology important? | Siôn Glyn-Jones |
| 16 min | Discussion: implications for clinical practice and research | All |

WEBINAR 2: Imaging strategies for primary cam morphology and FAI syndrome (1.5 hours)

Faculty: Clare Ardern, Paul Dijkstra, Ara Kassarian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer with Bruce Forster and Scott Fernquest

Objectives

Following this webinar participants will be able to:

1. Choose wisely the appropriate imaging for studies on how primary cam morphology develops, and for managing femoracetabular impingement syndrome in clinical practice
2. Describe the factors to consider when planning serial scanning for research in adolescent athletes

How do we diagnose cam morphology and FAI syndrome?

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|--------|--|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp & Paul Dijkstra |
| 20 min | What are the imaging modalities and standards for primary cam morphology and its complications in research and clinical practice? | Eugene McNally |
| 20 min | This is how I would do serial hip MRI-scans in research on how primary cam morphology develops | Ara Kassarian |
| 20 min | Should the imaging core outcomes for primary cam morphology research be different to that used when managing FAI syndrome in clinical practice ? | Antony Palmer |
| 10 min | A parent's perspective: "Will I allow my athlete-child to participate in a research project involving regular scanning?" | Andrea Mosler |
| 15 min | Discussion: implications for primary cam morphology research | With Bruce Forster and Scott Fernquest |



WEBINAR 3: What causes primary cam morphology and FAI syndrome? (1.5 hours)

Faculty: Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Siôn Glyn-Jones, Josh Heerey, Pim van Klij

Objectives

Following this session participants will be able to:

1. Describe the possible causes of primary cam morphology
2. List the risk factors for primary cam morphology
3. Discuss the causes of FAI syndrome

What causes primary cam morphology & femoroacetabular impingement (FAI) syndrome?

| | | |
|--------|---|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp & Paul Dijkstra |
| 20 min | Do we know yet what causes primary cam morphology in athletes? The role of the femoral capital growth plate | Siôn Glyn-Jones |
| 15 min | Modelling load—what is it about load in sport that might cause primary cam morphology? | Rintje Agricola |
| 15 min | What are the possible risk factors for primary cam morphology? | Pim van Klij |
| 20 min | What causes FAI syndrome? | Josh Heerey |
| 15 min | Panel discussion | All |



WEBINAR 4: Screening and prevention of primary cam morphology and its consequences in athletes (1.5 hours)

Faculty: Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Andrea Mosler, Jason Oke

Objectives

Following this session participants will be able to

1. Implement wise decisions on screening for primary cam morphology in athletes
2. Explain overdiagnosis and overtreatment in the context of primary cam morphology
3. Summarise the current evidence for primary cam morphology prevention

Should we screen for cam morphology to prevent FAI syndrome?

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|--------|---|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp & Paul Dijkstra |
| 20 min | Screening the young and older athlete for cam morphology – why, how, who and when? | Andrea Mosler |
| 20 min | Is overdiagnosis and overtreatment a reasonable concern when screening young athletes for primary cam morphology? | Jason Oke |
| 20 min | Is it possible (yet) to prevent primary cam morphology in young athletes? | Rintje Agricola |
| 25 min | Panel discussion | All |



WEBINAR 5: Hip dysplasia, cam morphology and femoroacetabular impingement (FAI) syndrome – is there a link? (1.5 hours)

Faculty: Julie Jacobsen, Inger Mechlenburg, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra

Objectives

Following this session participants will be able to:

1. Define hip dysplasia
2. Explain the role for physiotherapy training in managing hip dysplasia
3. Describe the current evidence for dysplasia in femoroacetabular impingement and primary cam morphology
4. Develop a management plan for an athlete with hip dysplasia

Is hip dysplasia associated with primary cam morphology and FAI syndrome?

| | | |
|--------|--|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp & Paul Dijkstra |
| 20 min | What is hip dysplasia and is there a role for physiotherapy training in managing the condition? | Julie Jacobsen |
| 20 min | Hip dysplasia, cam morphology and FAI syndrome – is there a link? | Inger Mechlenburg |
| 20 min | How do we manage hip dysplasia in the athlete? When is surgery indicated and what types of surgery should we consider? | Siôn Glyn-Jones |
| 25 min | Panel discussion | All |



WEBINAR 6: What are the consequences of primary cam morphology? (1.5 hours)

Faculty: Andrea Mosler, Josh Heerey, Siôn Glyn-Jones, Rintje Agricola, Clare Ardern, Joanne Kemp, Paul Dijkstra

Objectives

Following this session participants will be able to

1. Consider stakeholder (patient, parents and sports coaches) views on primary cam morphology development and screening
2. What are the possible consequences of primary cam morphology?
3. Discuss primary cam morphology in athletes as a risk factor for hip osteoarthritis

Consequences of primary cam morphology in the athlete

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|--------|---|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp & Paul Dijkstra |
| 15 min | Will athletes with primary cam morphology develop groin pain? | Andrea Mosler |
| 15 min | What is the relationship between primary cam morphology, hip pain and early OA? | Josh Heerey |
| 15 min | Who will develop osteoarthritis? | Siôn Glyn-Jones |
| 15 min | Can we prevent athletes with large primary cam morphologies from developing osteoarthritis? | Rintje Agricola |
| 25 min | Panel discussion | All |

WEBINAR 7: Treatment and prognosis of primary cam morphology and femoroacetabular impingement in young athletes (2 hours)

Faculty: Joanne Kemp, Mo Gimpel, Per Hölmich, Siôn Glyn-Jones, Marc Philippon, Clare Ardern, Paul Dijkstra

Objectives

Following this session participants will be able to

1. Design an effective physiotherapy program for athletes with FAI syndrome and primary cam morphology
2. List the indications for surgery in athletes with FAI syndrome and primary cam morphology
3. Develop a wise treatment plan for the athlete with asymptomatic primary cam morphology or FAI syndrome and primary cam morphology

Treatment and Prognosis of primary cam morphology and FAI syndrome in athletes

| | | |
|--------|--|------------------------------|
| 5 min | Introduction | Clare Ardern & Paul Dijkstra |
| 20 min | What is best practice physiotherapy for the athlete with primary cam morphology and early FAI syndrome? | Joanne Kemp |
| 20 min | Clinical pearls in managing early primary cam morphology – the Southampton Football Club experience | Mo Gimpel |
| 20 min | What are the indications for surgery for the athlete with primary cam morphology and early FAI syndrome? | Per Hölmich |
| 20 min | Physiotherapy vs hip arthroscopy for athletes with FAI syndrome – current evidence | Siôn Glyn-Jones |
| 20 min | What are the best surgical options for the athlete with debilitating FAI syndrome? | Marc Philippon |
| 15 min | Panel Discussion | All |

WEBINAR 8: Young Athlete's Hip Research (YAHIR) collaboration (2 hours)

Faculty: Sean Mc Auliffe, Paul Dijkstra, Femi Ayeni, Antony Palmer, Sheree Bekker, Lauren Pierpoint, Joanne Kemp, Clare Ardern

Objectives

Following this session participants will be able to

1. Apply a framework for high quality clinical research
2. List the factors contributing to complexity in research
3. Discuss the importance of hip research collaboration

High quality research and collaboration

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|--------|--|-----------------------------------|
| 5 min | Introduction | Clare Ardern & Paul Dijkstra |
| 15 min | Stakeholder perspectives on factors contributing to high quality research on how primary cam morphology develops in athletes - a qualitative interview study | Sean Mc Auliffe and Paul Dijkstra |
| 15 min | Planning collaborative research on primary cam morphology formation – top tips. | Femi Ayeni |
| 15 min | Lessons from the FAIM study | Antony Palmer |
| 15 min | Why is clinical research so complex? | Sheree Bekker |
| 15 min | Why is it important to collaborate and share data in hip research? | Lauren Pierpoint |
| 15 min | Challenges and opportunities in running consensus meetings | Joanne Kemp |
| 25 min | Panel Discussion | All |

WEBINAR 9: Involving patients and the public in developing, performing and reporting research on primary cam morphology (1.5 hours)

Faculty: Amy Price, Andrea Mosler, Clare Ardern, , Joanne Kemp, Paul Dijkstra

Objectives

Following this session participants will be able to

1. Describe patient and public involvement (PPI) in planning, performing and reporting research
2. Develop a plan for PPI involvement in research on primary cam morphology

Patient and public involvement in research

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|--------|--|------------------------------|
| 5 min | Introduction | Clare Ardern & Paul Dijkstra |
| 15 min | Patient and public involvement (PPI) in research – what is it and why is this so important? | Amy Price |
| 15 min | A parent’s perspective: my child is a young competitive football player at risk of developing primary cam morphology - should I worry? | Andrea Mosler |
| 15 min | What are the essential components of a plan for PPI in research? | Amy Price |
| 15 min | Involving patients in developing patient related outcome measures in hip research | tbc |
| 25 min | Research and Collaboration Panel Discussion | All |

WEBINAR 10: The YAHIR Collaboration's Delphi exercise on primary cam morphology terminology, definitions, and imaging outcome measures (1.5 hours)

Faculty: Clare Ardern, Paul Dijkstra, Eugene McNally, Andrea Mosler, Siôn Glyn-Jones, Joanne Kemp

Objectives

Following this session participants will be able to

1. Apply a standard taxonomy, terminology, and definition for primary cam morphology and femoroacetabular syndrome
2. Discuss the consensus on imaging outcomes for studies on how primary cam morphology develops
3. Consider the benefits to stakeholders of applying consistent terminology and definitions for primary cam morphology

Patient and public involvement in research

| | | |
|--------|--|--|
| 5 min | Introduction | Joanne Kemp, Siôn Glyn-Jones and Paul Dijkstra |
| 10 min | Consensus taxonomy and terminology for primary cam morphology and femoroacetabular impingement syndrome | Clare Ardern |
| 10 min | Consensus conceptual and operational definitions for primary cam morphology: further work needed? | Paul Dijkstra |
| 20 min | Consensus on imaging outcomes for studies on how primary cam morphology develops | Eugene McNally |
| 20 min | What are the benefits to stakeholders of applying consistent terminology and definitions for primary cam morphology? | Andrea Mosler |
| 25 min | Research and Collaboration Panel Discussion | All with Siôn Glyn-Jones |

WEBINAR 11: Young Athlete’s Hip Research Collaboration: sharing data – prospective individual participant data (IPD) meta-analysis supported by mixed methods research (2 hours)

Faculty: Mike Clarke, Gary Collins, Clare Ardern, Trish Greenhalgh, Paul Dijkstra, Joanne Kemp

Objectives

Following this session participants will be able to

1. Describe the different types of individual participant data meta-analysis
2. Discuss the statistical considerations for individual participant data meta-analysis
3. Consider the benefits and challenges of a prospective individual participant data meta-analysis for primary cam morphology formation and prognosis
4. Discuss some of the important questions only qualitative research can answer

Why is a prospective IPD meta-analysis important?

| | | |
|--------|--|---|
| 5 min | Introduction | Clare Ardern, Joanne Kemp and Paul Dijkstra |
| 20 min | What is an Individual Patient Meta-analysis? | Mike Clarke |
| 20 min | Statistical pearls when planning an IPD meta-analysis | Gary Collins |
| 20 min | Cohort study planning, conducting and data sharing for future IPD meta-analyses – is it possible? | Clare Ardern |
| 20 min | It’s not only about numbers and meta-analyses: there are vital questions that only qualitative research can answer | Trish Greenhalgh |
| 10 min | Working towards a protocol for a prospective individual participant data meta-analysis on primary cam morphology formation and prognosis | Paul Dijkstra |
| 25 min | Research and Collaboration Panel Discussion | All |