

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 credits
Nov 2020	1. What is primary cam morphology? Taxonomy, terminology and definitions Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Karim Khan	1
Dec 2020	2. Imaging strategies for primary cam morphology and FAI syndrome Paul Dijkstra, Ara Kassarian, Andrea Mosler, Eugene McNally, Antony Palmer	1.5
Jan 2021	3. What causes primary cam morphology and FAI syndrome? Rintje Agricola, Paul Dijkstra, Josh Heerey, Siôn Glyn-Jones	1.5
Jan 2021	4. Screening and prevention of primary cam morphology and its consequences in athletes Rintje Agricola, Paul Dijkstra, Andrea Mosler, Jason Oke	2
Feb 2021	5. Hip dysplasia, cam morphology and FAI syndrome – is there a link? Paul Dijkstra, Siôn Glyn-Jones, Julie Jacobsen, Inger Mechlenburg	2
March 2021	6. What are the consequences of primary cam morphology? Rintje Agricola, Paul Dijkstra, Andrea Mosler, Siôn Glyn-Jones	2
April 2021	7. Treatment and prognosis of primary cam morphology and FAI syndrome in young athletes Paul Dijkstra, Mo Gimpel, Siôn Glyn-Jones, Per Hölmich, Joanne Kemp, Marc Philippon	2
May 2021	8. Young Athlete's Hip Research (YAHiR) collaboration Femi Ayeni, Sheree Bekker, Paul Dijkstra, Sean Mc Auliffe, Antony Palmer, Lauren Pierpoint,	2
June 2021	9. Involving patients and the public in developing, performing and reporting research on primary cam morphology Paul Dijkstra, Andrea Mosler, Amy Price, Louise Strickland	1.5
July 2021	10. The YAHiR Collaboration's Delphi exercise on primary cam morphology terminology, definitions and imaging outcome measures Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Eugene McNally, Andrea Mosler	2
Sept / Oct 2021	11. Young Athlete's Hip Research Collaboration: sharing data – prospective individual participant data (IPD) meta-analysis supported by mixed methods research Clare Ardern, Mike Clarke, Gary Collins, Paul Dijkstra, Trisha Greenhalgh	2



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
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
Cost	£75 for all 11 webinars (£25 for students for all 11 webinars – provide student card copy))
CPD Accreditation	The Royal College of Surgeons of England (19.5 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





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



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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. Understand concept analysis methodology
3. Describe why primary cam morphology in the athlete matters

How do we talk about and define primary cam morphology?

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

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

Faculty: Paul Dijkstra, Ara Kassarian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer

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 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?

	Introduction	Paul Dijkstra & Joanne Kemp
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
20 min	Discussion: implications for primary cam morphology research	



WEBINAR 3: What causes primary cam morphology and FAI syndrome? (90 min)

Faculty: Rintje Agricola, Paul Dijkstra, Siôn Glyn-Jones, Josh Heerey, Joanne Kemp

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

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

	Introduction	Paul Dijkstra & Joanne Kemp
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	Is sport a risk factor for primary cam morphology? – a systematic review	Paul Dijkstra
20 min	What causes FAI syndrome?	Josh Heerey
20 min	Panel discussion	All



WEBINAR 4: Screening and prevention of primary cam morphology and its consequences in athletes (2 hours)

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

Following this session participants will be able to

1. Make wise decisions on screening for primary cam morphology in athletes
2. Describe the current evidence for primary cam morphology prevention

Should we screen for cam morphology to prevent FAI syndrome?

	Introduction	Clare Ardern & 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
30 min	Panel discussion	All



WEBINAR 5: Hip dysplasia, cam morphology and femoroacetabular impingement (FAI) syndrome – is there a link? (2 hours)

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

Objectives

Following this session participants will be able to

1. Define hip dysplasia
2. Describe the role for physiotherapy training in managing hip dysplasia
3. Describe the current evidence for dysplasia in femoroacetabular impingement and primary cam morphology

Is hip dysplasia associated with primary cam morphology and FAI syndrome?		
	Introduction	Clare Ardern & 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
30 min	Panel discussion	All with Joanne Kemp

WEBINAR 6: What are the consequences of primary cam morphology? (2 hours)

Faculty: Rintje Agricola, Paul Dijkstra, Siôn Glyn-Jones, Joanne Kemp, Andrea Mosler

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

	Introduction	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
30 min	Panel discussion	All

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

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

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

	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
20 min	Panel Discussion	All



12. WEBINAR 8: Young Athlete’s Hip Research (YAHiR) collaboration (2 hours)

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

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

High quality research and collaboration		
	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
30 min	Panel Discussion	All



WEBINAR 9: Involving patients and the public in developing, performing and reporting research on primary cam morphology (90 min)

Faculty: Clare Ardern, Paul Dijkstra, Amy Price, Andrea Mosler, Louise Strickland

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

	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	Louise Strickland
30 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 (90 min)

Faculty: Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Eugene McNally, Andrea Mosler
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		
	Introduction	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
30 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: Clare Ardern, Mike Clarke, Gary Collins, Paul Dijkstra, Trish Greenhalgh

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

Why is a prospective IPD meta-analysis important?

	Introduction	Clare Ardern 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?	tbc
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	Protocol for a prospective individual participant data meta-analysis on primary cam morphology formation and prognosis	Paul Dijkstra
30 min	Research and Collaboration Panel Discussion	All