# 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 |
|---|---|---|
| 20th Nov 2020, 5pm GMT | **1. What is primary cam morphology? Taxonomy, terminology and definitions**<br>Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Karim Khan | 1 |
| 11th Dec 2020, 6pm GMT | **2. Imaging strategies for primary cam morphology and FAI syndrome**<br>Paul Dijkstra, Ara Kassarjian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer with Bruce Forster and Scott Fernquest | 1.5 |
| 15th Jan 2021, 7pm GMT | **3. What causes primary cam morphology and FAI syndrome?**<br>Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Siôn Glyn-Jones, Josh Heerey, Pim van Klij | 1.5 |
| 5th Feb 2021, 7pm GMT | **4. Screening and prevention of primary cam morphology and its consequences in athletes**<br>Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Andrea Mosler, Jason Oke | 1.5 |
| 26th Feb 2021, 7pm GMT | **5. Hip dysplasia, cam morphology and FAI syndrome – is there a link?**<br>Julie Jacobsen, Inger Mechlenburg, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 26th March 2021, 7pm GMT | **6. What are the consequences of primary cam morphology?**<br>Andrea Mosler, Josh Heerey, Siôn Glyn-Jones, Rintje Agricola, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 30th April 2021, 7pm BST | **7. Treatment and prognosis of primary cam morphology and FAI syndrome in young athletes**<br>Joanne Kemp, Mo Gimpel, Per Hölmich, Siôn Glyn-Jones, Marc Philippon, Clare Ardern, Paul Dijkstra | 2 |
| Saturday 29th May 2021, 12.00 BST | **8. Young Athlete's Hip Research (YAHiR) collaboration**<br>Sean Mc Auliffe, Paul Dijkstra, Femi Ayeni, Scott Fernquest, Antony Palmer, Sheree Bekker, Lauren Pierpoint, Clare Ardern | 2 |
| 23rd June 2021, 8pm BST | **9. Involving patients and the public in developing, performing, and reporting research and education on FAI syndrome and primary cam morphology**<br>Amy Price, Dawn Richards, Lindsey Plass, Rich Willy, Andrea Mosler, Clare Ardern, Joanne Kemp, Paul Dijkstra | 1.5 |
| 22nd Sept 2021, 12pm BST | **10. Sharing results of the YAHiR Collaboration's Delphi exercise on primary cam morphology terminology, definitions and imaging outcome measures**<br>Clare Ardern, Paul Dijkstra, Eugene McNally, Siôn Glyn-Jones, Joanne Kemp | 1.5 |
| 23rd Sept 2021, 12pm BST | **11. Young Athlete's Hip Research Collaboration: Prioritising rigorous, inclusive, and evidence-based research on conditions affecting the young person's hip (focussing on primary cam morphology and its consequences in athletes)**<br>Mike Clarke, Andrea Mosler, Stephanie Kliethermes, Trish Greenhalgh, Siôn Glyn-Jones, Karim Khan, Joanne Kemp, Clare Ardern, Paul Dijkstra | 2.5 |

| 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 |
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| Scientific Faculty | Rintje Agricola, Clare Ardern, Femi Ayeni, Sheree Bekker, Paul Dijkstra, Scott Fernquest, Bruce Forster, Mo Gimpel, Siôn Glyn-Jones, Trisha Greenhalgh, Josh Heerey, Per Hölmich, Julie Jacobsen, Ara Kassarjian, Joanne Kemp, Stephanie Kliethermes, Sean Mc Auliffe, Eugene McNally, Inger Mechlenburg, Andrea Mosler, Jason Oke, Antony Palmer, Marc Philippon, Lauren Pierpoint, Lindsey Plass, Amy Price, Dawn Richards, Pim van Klij, Rich Willy |
| 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 |

## 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**<br>Objectives<br>Following this webinar participants will be able to:<br>   1.  Discuss the current inconsistent use of terminology and definitions for primary cam morphology<br>   2.  Describe 3 key elements of concept analysis method<br>   3.  Discuss why primary cam morphology in the athlete matters | | |
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| **How do we talk about and define primary cam morphology?** | | |
| 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 Kassarjian, 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 femororacetabular 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? | | |
|---|---|---|
| 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 Kassarjian |
| 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** | |
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| Objectives<br>Following this session participants will be able to<br>1. Implement wise decisions on screening for primary cam morphology in athletes<br>2. Explain overdiagnosis and overtreatment in the context of primary cam morphology<br>3. Summarise the current evidence for primary cam morphology prevention | |
| **Should we screen for cam morphology to prevent FAI syndrome?** | |
| 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 ||||
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| Objectives<br>Following this session participants will be able to:<br>  1. Define hip dysplasia<br>  2. Explain the role for physiotherapy training in managing hip dysplasia<br>  3. Describe the current evidence for dysplasia in femoroacetabular impingement and primary cam morphology<br>  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. Explain the possible consequences of primary cam morphology
2. Describe the relationship between primary cam morphology, hip pain, and early osteoarthritis
3. Discuss primary cam morphology in athletes as a risk factor for hip osteoarthritis
4. Design a patient information leaflet to help patients/athletes to understand their risk of developing osteoarthritis associated with different sizes of primary cam morphology

| 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. Construct an effective physiotherapy program for athletes with FAI syndrome and primary cam morphology
2. Explain the indications for surgery in athletes with FAI syndrome and primary cam morphology
3. Create a wise treatment plan for the athlete with asymptomatic primary cam morphology or FAI syndrome and primary cam morphology
4. Summarise the current evidence for physiotherapy vs hip arthroscopy when managing athletes with FAI syndrome

| 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, Scott Fernquest, Sheree Bekker, Lauren Pierpoint, Clare Ardern** | | |
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| 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** | | |
| 10 min | Introduction | Clare Ardern & Paul Dijkstra |
| 15 min | What is high quality research? Stakeholder perspectives on factors contributing to high quality research on how primary cam morphology develops in athletes - a qualitative interview study | Sean Mc Auliffe & Paul Dijkstra |
| 15 min | Planning collaborative research on primary cam morphology formation – top tips. | Femi Ayeni |
| 20 min | Lessons from the FAIM study | Antony Palmer & Scott Fernquest |
| 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 |
| 30 min | Panel Discussion | All |

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

| Faculty: Amy Price, Dawn Richards, Lindsey Plass, Rich Willy, Andrea Mosler, Clare Ardern, Joanne Kemp, Paul Dijkstra | | |
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| 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 PPI plan for research on primary cam morphology and FAI syndrome | | |
| 3. Summarise a parent's perspective on the risk of their child developing primary cam morphology in adolescent sport | | |
| 4. Consider the importance of the patient's voice when discussing FAI syndrome treatment options | | |
| **Patient and public involvement in research and education** | | |
| 5 min | Introduction | Clare Ardern, Jo Kemp & Paul Dijkstra |
| 20 min | Patient and public involvement (PPI) in research – what is it and why is this so important? Essential components of a plan for PPI in research | Amy Price and Dawn Richards |
| 15 min | Thriving with FAI syndrome | Lindsey Plass |
| 15 min | Involving patients in developing patient reported outcome measures in hip research/How can we make research more inclusive? | Rich Willy |
| 5 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 |
| 30 min | Research and Collaboration Panel Discussion | All with Dawn Richards |

**WEBINAR 10: Sharing results of 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, 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

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| 10 min | Introduction – Delphi study on primary cam morphology | Joanne Kemp, Clare Ardern and Paul Dijkstra |
| 15 min | Consensus definition for primary cam morphology – results of the Delphi study | Paul Dijkstra |
| 15 min | Consensus taxonomy and terminology for primary cam morphology and femoroacetabular impingement syndrome | Clare Ardern |
| 20 min | Consensus on imaging outcomes for studies on how primary cam morphology develops | Eugene McNally |
| 30 min | Research and Collaboration Panel Discussion | All with Siôn Glyn-Jones |

**WEBINAR 11: Young Athlete's Hip Research Collaboration: Prioritising rigorous, inclusive, and evidence-based research on conditions affecting the young person's hip (focussing on primary cam morphology and its consequences in athletes) (2.5 hours)**

**Faculty: Mike Clarke, Andrea Mosler, Stephanie Kliethermes, Trisha Greenhalgh, Karim Khan, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra**

Objectives

Following this session participants will be able to:

1. Summarise the key elements of study design to investigate how primary cam morphology develops
2. Review measures to avoid selection bias in research on how primary cam morphology develops
3. Discuss examples of high-quality research on how primary cam morphology develops (focussing on how to define, measure and report risk factors)
4. Discuss some of the important questions only qualitative research can answer

| 10 min | Introduction | Clare Ardern, Joanne Kemp and Paul Dijkstra |
|--------|--------------|---------------------------------------------|
| 15 min | What are the best populations to investigate how primary cam morphology develops? (Including top 5 tips to avoid selection bias) | Andrea Mosler |
| 15 min | What is an Individual Participant Data (IPD) Meta-analysis? | Mike Clarke |
| 20 min | Cohort study planning, conducting and data sharing for future IPD meta-analyses – is it possible? | Stephanie Kliethermes |
| 25 min | We should go beyond numbers and meta-analyses; there are important questions that only qualitative research can answer | Trisha Greenhalgh |
| 5 min | Short break | |
| 20 min | Summary of the Delphi exercise to agree on a prioritised research agenda for conditions affecting the young person's hip | Paul Dijkstra |
| 40 min | Research and Collaboration Panel Discussion | All with Karim Khan and Siôn Glyn-Jones |