The Oxford young athlete's hip symposium and workshop

#OxfordHip2020

An international symposium and workshop on protecting athletes' hip health

The frontline of clinical practice and research on primary cam morphology and femoroacetabular impingement (FAI) syndrome

Version: 13 February 2020

<table>
<tr><td>Date</td><td>Workshop: 22nd September 2020 – 12:00 to 17:00
Symposium: 23rd September 2020 – 8:00 to 17:35
Symposium dinner: 23rd September – 19:00</td></tr>
<tr><td>Venue</td><td>Worcester College, University of Oxford
Workshop: Linbury Room
Symposium: Sultan Nazrin Shah Centre Auditorium
Dinner: Worcester College dining hall</td></tr>
<tr><td>Cost</td><td>Symposium plus workshop:
<table>
<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>
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Symposium only (Note: it is not possible to register for the workshop only)
<table>
<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>
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Dinner: £61</td></tr>
<tr><td>CPD Accreditation</td><td>"The Royal College of Surgeons of England has awarded up to 10.5 CPD points" for this event:
Workshop: 4.5 CPD Credits
Symposium: 6.0 CPD credits
http://accreditation.rcseng.ac.uk/Home/InfoAccredited</td></tr>
<tr><td>Scientific Planning Committee</td><td>Paul Dijkstra (Chair), Siôn Glyn-Jones (Co-Chair), Mike Clarke (Co-Chair), Karim Khan, Veronika Williams, Clare Ardern, Jason Oke, Amy Price, Andrea Mosler, Joanne Kemp, Sally Hopewell, Sheree Bekker, Sue King</td></tr>
<tr><td>Scientific Faculty</td><td>Rintje Agricola, Clare Ardern, Femi Ayeni, Sheree Bekker, Tim Board, Gary Collins, Paul Dijkstra, Mo Gimpel, Siôn Glyn-Jones, Per Hölmich,</td></tr>
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	Sally Hopewell, Julie Jacobsen, Joanne Kemp, Sean Mc Auliffe, Eugene McNally, Inger Mechlenburg, Andrea Mosler, Jason Oke, Antony Palmer, Marc Philippon, Lauren Pierpoint, Amy Price, Veronika Williams

Overall Objectives

Following this symposium participants will be able to:

1. Discuss 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. Discuss primary cam morphology prognosis, including who is likely to develop FAI syndrome and hip osteoarthritis?
6. Discuss wise clinical management of asymptomatic athletes with primary cam morphology and those with FAI syndrome

8:00 – 8:45	Registration	
8:45-9:00	Welcome and introduction	Siôn Glyn-Jones and Paul Dijkstra
9:00 – 10:30 Session 1: Primary cam morphology definition, terminology and risk factors **Chair: Joanne Kemp and Rintje Agricola** Objectives Following this session participants will be able to: 1. Apply a standard terminology and definition for primary cam morphology 2. Choose wisely the appropriate imaging for studies on how primary cam morphology develops and for FAI syndrome in clinical practice 3. List the risk factors for primary cam morphology		
How do we diagnose cam morphology and FAI syndrome? (45 min)		
15 min	Primary cam morphology: confusing terminology, definitions and outcome measures make it difficult to protect athletes' health	Clare Ardern
15 min	What are the best imaging modalities and standards for research on how primary cam morphology develops?	Eugene McNally
15 min	Should the imaging Core Outcome Set(s) for primary cam morphology research be different to that used when managing FAI syndrome in clinical practice?	Antony Palmer
What causes cam morphology and FAI syndrome? (45 min)		
15 min	What are the risk factors for cam morphology? – a systematic review	Paul Dijkstra
15 min	What causes primary cam morphology in athletes?	Siôn Glyn-Jones
15 min	Panel discussion	All
10:30 – 11:00 Tea		
11:00 – 12:30 Session 2: Screening and prevention **Chair: Inger Mechlenburg and Femi Ayeni** 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 3. Consider stakeholder (patient, parents and sports coaches) views on primary cam morphology development and screening		
Should we screen for cam morphology to prevent FAI syndrome? (90 min)		

15 min	Screening the young and older athlete for cam morphology – why, how, who and when?	Andrea Mosler
10 min	Is overdiagnosis and overtreatment a reasonable concern when screening young athletes for cam morphology?	Jason Oke
15 min	Is it possible (yet) to prevent cam morphology in young athletes?	Tim Board
15 min	Hip dysplasia in cam morphology and FAI syndrome – what is the link?	Julia Jacobsen (and Inger Mechlenburg)
10 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	Who will develop osteoarthritis?	Rintje Agricola
10 min	Panel discussion	All
12:30 – 13:30 Lunch		
13:30 – 15:00 Session 3: Treatment and Prognosis **Chair: Andrea Mosler and Antony Palmer** 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 4. Discuss primary cam morphology in athletes as a risk factor for hip osteoarthritis		
Treatment and Prognosis (90 min)		
15 min	What is best practice physiotherapy for the athlete with primary cam morphology and early FAI syndrome?	Jo Kemp
15 min	Clinical pearls in managing early primary cam morphology – the Southampton experience	Mo Gimpel
15 min	What are the indications for surgery for the athlete with primary cam morphology and early FAI syndrome?	Per Hölmich

15 min	Physiotherapy vs hip arthroscopy for athletes with FAI syndrome – current evidence	Siôn Glyn-Jones
15 min	What are the best surgical options for the athlete with debilitating FAI syndrome	Marc Philippon
15 min	Panel Discussion	All
15:00 – 15:30 Tea		
15:30 – 17:30 Session 4: Research and Collaboration **Chair: Clare Ardern and Per Hölmich** 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. Describe Patient and Public Involvement in research 4. Discuss the statistical methods to predict primary cam morphology in athletes 5. Consider the benefits and challenges of a prospective Individual Participant Data meta-analysis for primary cam morphology formation		
Research (120 min)		
15 min	Stakeholder perspectives on factors contributing to high quality research on how primary cam morphology develops in athletes - a qualitative interview study "Do I want my athletes to be bothered by the medical team about the potential of developing cam morphology and its risk? Should I be concerned about the fact that (my) sport loading programs might damage (my) athletes' hips?"	Sean Mc Auliffe and Paul Dijkstra
15 min	Why is clinical research so complex?	Sheree Bekker
15 min	Patient and Public Involvement (PPI) in research – why this is so important?	Amy Price
15 min	What are the best statistical methods for predicting primary cam morphology in athletes?	Gary Collins
15 min	Why is it important to collaborate and share data on how cam morphology develops?	Lauren Pierpoint
15 min	Planning trials for future Individual Participant Data meta-analysis – is it possible?	Sally Hopewell
30 min	Research and Collaboration Panel Discussion	All
17:30 – 17:35 Closing remarks Prof Karim Khan		