



# The Young Athlete’s Hip Symposium

A Young Athlete’s Hip Research (YAHiR) Collaborative initiative

#OxfordHip2022

**Partnering to promote and protect athletes’ hip health**

Version 7: 13July22

<b>Date</b>	<b>Symposium: 22<sup>nd</sup> September 2022 – 8:30 to 17.40 (BST)</b>
<b>Venue</b>	<b>Worcester College, University of Oxford</b> Sultan Nazrin Shah Centre Auditorium and online (live streamed)
<b>Cost</b>	£150 (in-person) £50 (online) This fee includes free access to recordings of the <i>Oxford-Aspetar-La Trobe Young Athlete’s Hip Webinar Series</i> (11 webinars)
<b>CPD Accreditation</b>	<b>The Royal College of Surgeons of England has awarded up to 6 CPD points</b> <a href="http://rcseng.ac.uk">Accredited Continuing Professional Development (rcseng.ac.uk)</a>
<b>Scientific Planning Committee</b>	Paul Dijkstra (Chair), Siôn Glyn-Jones (Co-Chair), Joanne Kemp (Co-Chair), Karim Khan (Co-Chair), Clare Ardern (Co-Chair), Mike Clarke, Trisha Greenhalgh, Inger Mechlenburg, Andrea Mosler, Jason Oke, Amy Price, Dawn Richards
<b>Scientific Faculty</b>	Rintje Agricola, Clare Ardern, Mike Clarke, Paul Dijkstra, Kirsty Elliott-Sale, Siôn Glyn-Jones, Trish Greenhalgh, Josh Heerey, Per Hölmich, Lasse Ishøi, Christa Janse van Rensburg, Vikas Khanduja, Joanne Kemp, Karim Khan, Signe Kierkegaard, Stephanie Kliethermes, Vasco Mascarenhas, Sean McAuliffe, Inger Mechlenburg, Nonhlanhla Mkumbuzi, Andrea Mosler, Antony Palmer, Dora Papadopoulou, Lindsey Plass, Amy Price, Tanvi Rai, Mara Yamauchi

## Overall Objectives

### Following this symposium you will be able to:

1. Discuss the natural history of primary cam morphology
2. Recommend a strategy to protect the young athlete's hip while promoting physical activity and sport
3. Develop an evidence-based diagnostic approach to femoroacetabular impingement (FAI) syndrome and primary cam morphology in the young athlete
4. Construct a best-practice treatment plan for the young athlete with FAI syndrome and primary cam morphology
5. Appreciate the causal association between primary cam morphology and hip osteoarthritis
6. Discuss surgical management for athletes with femoroacetabular impingement syndrome and primary cam morphology
7. Develop a return-to-sport strategy for athletes with femoroacetabular impingement syndrome (for those managed non-surgically and surgically)
8. Incorporate the lived experiences of athletes with femoroacetabular impingement syndrome into your clinical and research practice
9. Construct a research plan to answer some of the pertinent questions on primary cam morphology and its consequences
10. Appreciate the key components of authentic research collaboration
11. Apply the principles of inclusivity to your clinical and research practice



7.30 BST	Registration	
8.30 – 9.00	Welcome and introduction	
<b>Session 1: 9.00 to 10.30</b>		
<b>Primary cam morphology in the young athlete – development, diagnosis, prevention</b>		
<b>Chair: Joanne Kemp and Inger Mechlenburg</b>		
Objectives		
Following this session participants will be able to:		
<ol style="list-style-type: none"> <li>1. Discuss primary cam morphology as an important femoral morphology in the athlete</li> <li>2. Describe the appropriate imaging for studies on how primary cam morphology develops and for FAI syndrome in clinical practice</li> <li>3. Consider stakeholder’s perspectives (patients, parents and sports coaches) on primary cam morphology development and FAI syndrome</li> </ol>		
10 min	Introduction and clinical cases	Joanne Kemp
5 min 1 slide	Should we bother with a benign bony bump? Three reasons why primary cam morphology matters	Andrea Mosler
5 min	Panel & audience	
5 min 1 slide	Unravelling the causal link between primary cam morphology and sport—three key areas to focus on	Vikas Khanduja
5 min	Panel & audience	
5 min 1 slide	Three key elements of an ‘ideal’ training load for 10 to 14-year old athletes to prevent bone & joint injuries/primary cam morphology	Lasse Ishøi
5 min	Panel & audience	
5 min 1 slide	Three key methodological considerations for studies in sport and exercise science with women as participants	Kirsty Elliott-Sale
5 min	Panel & audience	
5 min 1 slide	When to knock on the surgeon’s door: three key surgical considerations for helping the young athlete with FAI syndrome and primary cam morphology	Siôn Glyn-Jones
5 min	Panel & audience	
30 min	Clinical cases and discussion	All
10.30 – 11.00 Tea		

**Session 2: 11.00 to 12.30**

**Femoroacetabular Impingement Syndrome in the athlete – treatment, thriving, winning**

**Chairs: Andrea Mosler and Sean McAuliffe**

Objectives

Following this session participants will be able to:

1. Construct a best-practice physiotherapy programme for the young athlete with FAI syndrome and primary cam morphology
2. Describe the current evidence for surgery in young athletes with FAI syndrome and primary cam morphology
3. Describe realistic return to sport expectations after arthroscopic hip surgery for FAI syndrome

10 min	Introduction and clinical cases	Andrea Mosler
5 min 1 slide	Three clinical pearls to diagnose FAI syndrome and primary cam morphology in the clinic	Antony Palmer
5 min		
5 min 1 slide	Three key imaging considerations in the athlete with primary cam morphology and FAI syndrome	Vasco Mascarenhas
5 min	Panel and audience	
5 min 1 slide	Three priorities that will help young athlete-patients to thrive with FAI syndrome	Lindsey Plass
5 min	Panel and audience	
5 min 1 slide	Three key elements of best-practice physiotherapy treatment for the young athlete with FAI syndrome and primary cam morphology	Joanne Kemp
5 min	Panel and audience	
5 min 1 slide	Three key lessons from the 'Five-Year Follow-up After Hip Arthroscopic Surgery in the Horsens-Aarhus Femoroacetabular Impingement (HAFAl) Cohort'	Signe Kierkegaard
5 min	Panel and audience	
30 min	Clinical cases and discussion	All
12:30 – 13:30 Lunch		

<b>Session 3: 13.30 to 15.00</b>		
<b>Hip Osteoarthritis in the athlete – can we predict and prevent it?</b>		
<b>Chair: Christa van Rensburg and Sion Glyn-Jones</b>		
Objectives		
Following this session participants will be able to:		
1. Construct a management plan for the athlete with hip osteoarthritis		
2. Summarise the current evidence on the risk of developing future osteoarthritis in the young athlete with FAI syndrome and primary cam morphology		
3. Describe the relationships between cam morphology, hip symptoms, and hip osteoarthritis		
4. Appreciate the importance of physical activity/ sport following total hip replacement surgery		
10 min	Introduction and clinical case	Christa van Rensburg
5 min 1 slide	Three reasons why long-term joint health matters to athletes and coaches	Mara Yamauchi
5 min	Panel & audience	
5 min 1 slide	Can we predict and prevent future osteoarthritis in the young athlete with FAI syndrome and primary cam morphology? Three key points	Rintje Agricola
5 min	Panel & audience	
5 min 1 slide	My three top tips for managing the athlete with hip osteoarthritis	Dora Papadopoulou
5 min	Panel & audience	
5 min 1 slide	“But doc – I want to run more marathons!” My three top tips for athlete-patients and their clinicians when hip surgery is the only option.	Per Hölmich
5 min	Panel & audience	
5 min 1 slide	Unravelling the development of early hip OA in football players: three key findings from the Femoroacetabular and Hip Osteoarthritis Cohort (FORCE) study	Josh Heerey
5 min	Panel & audience	
30 min	Clinical case and discussion	All
15:00 – 15:30 Tea		

Session 4: 15.30 to 17:30		
<b>Research: doing open, rigorous, inclusive and evidence-based research, disseminate and implement it!</b>		
<b>Chair: Clare Ardern and Mike Clarke</b>		
Objectives: Following this session participants will be able to:		
<ol style="list-style-type: none"> <li>1. Construct an authentic collaboration plan to implement a prioritised research agenda</li> <li>2. Describe the principles of inclusive research</li> <li>3. Appreciate the characteristics of an authentic research leader</li> </ol>		
5 min	Introduction	
5 min 1 slide	Three lessons from the Oxford Delphi consensus to <b>prioritise a research agenda</b> on conditions affecting the young person's hip (focussing on primary cam morphology and its consequences in athletes)	Paul Dijkstra
7 min	Panel & audience	
5 min 1 slide	Three top tips for planning and conducting high-quality <b>cohort studies</b>	Stephanie Kliethermes
9 min	Panel & audience	
5 min 1 slide	Three key factors contributing to <b>high quality research</b> on primary cam morphology	Sean McAuliffe
9 min	Panel & audience	
5 min 1 slide	Three top tips for <b>authentic research collaboration</b> from interdisciplinary health research	Trisha Greenhalgh
9 min	Panel & audience	
5 min 1 slide	Inclusive research: three top tips to authentically involve <b>patient partners in research</b> and avoid tokenism	Amy Price
9 min	Panel & audience	
5 min break		
5 min 1 slide	Three top tips for prioritising <b>minoritised and marginalised</b> populations in research	Nonhlanhla Mkumbuzi
9 min	Panel & audience	
5 min 1 slide	Three lessons on: 'What would it take to meaningfully attend to <b>ethnicity and race</b> in health research? Learning from a trial intervention development study'	Tanvi Rai
9 min	Panel & audience	
5 min 1 slide	Conducting the research orchestra: three top tips for authentic <b>research leadership</b>	Clare Ardern
9 min	Panel & audience	
17:30 – 17:40 Symposium close – Karim Khan and Paul Dijkstra		