



## 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 2

|   |   |
|---|---|
| <b>Date</b>                                 | <b>Symposium:</b> 22 <sup>nd</sup> September 2022 – 9:00 to 17.30 (BST)   |
| <b>Venue</b>                                | <b>Worcester College, University of Oxford</b><br><b>Symposium:</b> Sultan Nazrin Shah Centre Auditorium (live streamed)  |
| <b>Cost</b>                                 | £150 (in-person)<br>£50 (online)<br>Above include free access to 2020/21 Webinar Series Canvas recordings   |
| <b>CPD Accreditation</b>                    | <b>(tbc)</b>  |
| <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 and Program (tbc)</b> | Rintje Agricola, Clare Ardern, Mike Clarke, Paul Dijkstra, Siôn Glyn-Jones, Trish Greenhalgh, Josh Heerey, Per Hölmich, Vikas Kanduja, Joanne Kemp, Karim Khan, Signe Kierkegaard, Stephanie Kliethermes, Vasco Mascarenhas, Sean McAuliffe, Inger Mechlenburg, Nonhlanhla Mkumbuzi, Andrea Mosler, Antony Palmer, Lindsey Plass, Amy Price, Tanvi Rai, Dawn Richards, May Arna Risberg, Nikki Rommers, Christa van Rensburg, Rich Willy, 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

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|---|---|---|
| 7.30 BST  | Registration  |   |
| 8.30  | Welcome and introduction  | Professors Andy Carr and Jonathan Rees<br>Dr Clare Ardern (JOSPT), Prof Joanne Kemp<br>(BJSM), Prof Lars Engebretsen IOC (tbc), Prof<br>Siôn Glyn-Jones |
| <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> |   |   |
| 5 min   | Introduction and clinical case  | Joanne Kemp   |
| 5 min<br>1 slide  | Should we bother with a benign bony bump? Three reasons why primary cam morphology matters  | Andrea Mosler   |
| 10 min  | Panel & audience  |   |
| 5 min<br>1 slide  | Unravelling the causal link between primary cam morphology and sport—three key areas to focus on  | Siôn Glyn-Jones   |
| 10 min  | Panel & audience  |   |
| 5 min<br>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            | Rich Willy (tbc)  |
| 10 min  | Panel & audience  |   |
| 5 min<br>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 | Vikas Khanduja (tbc)  |
| 10 min  | Panel & audience  |   |
| 5 min<br>1 slide  | Three causal diagram tips when planning studies on FAI syndrome and primary cam morphology aetiology in athletes                                  | Nikki Rommers (tbc)   |
| 10 min  | Panel & audience  |   |
| 10 min  | Clinical case 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

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

| Session 3: 13.30 to 15.00   |   |                        |
|---|---|------------------------|
| <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:  |   |                        |
| <ol style="list-style-type: none"> <li>1. Construct a management plan for the athlete with hip osteoarthritis</li> <li>2. Summarise the current evidence on the risk of developing future osteoarthritis in the young athlete with FAI syndrome and primary cam morphology</li> <li>3. Describe the relationships between cam morphology, hip symptoms, and hip osteoarthritis</li> <li>4. Appreciate the importance of physical activity/ sport following total hip replacement surgery</li> </ol> |   |                        |
| 5 min   | Introduction and clinical case  | Christa van Rensburg   |
| 5 min<br>1 slide  | Three reasons why long-term joint health matters to athletes and coaches  | Mara Yamauchi (tbc)    |
| 10 min  | Panel & audience  |                        |
| 5 min<br>1 slide  | What are the three key lessons for clinicians and athlete-patients from the 'Relationship between cam morphology, hip symptoms, and hip osteoarthritis: the Musculoskeletal pain in Ullersaker Study (MUST) cohort' | May Arna Risberg (tbc) |
| 10 min  | Panel & audience  |                        |
| 5 min<br>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        |
| 10 min  | Panel & audience  |                        |
| 5 min<br>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            |
| 10 min  | Panel & audience  |                        |
| 5 min<br>1 slide  | TBC   | Josh Heerey            |
| 10 min  | Panel & audience  |                        |
| 10 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<br>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<br>1 slide   | Three top tips for planning and conducting high-quality <b>cohort studies</b>   | Stephanie Kliethermes     |
| 9 min  | Panel & audience  |                           |
| 5 min<br>1 slide   | Three key factors contributing to <b>high quality research</b> on primary cam morphology  | Sean McAuliffe            |
| 9 min  | Panel & audience  |                           |
| 5 min<br>1 slide   | Three top tips for <b>authentic research collaboration</b> from interdisciplinary health research   | Trisha Greenhalgh         |
| 9 min  | Panel & audience  |                           |
| 5 min<br>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<br>1 slide   | Three top tips for prioritising <b>minoritised and marginalised</b> populations in research   | Nonhlanhla Mkumbuzi (tbc) |
| 9 min  | Panel & audience  |                           |
| 5 min<br>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 (tbc)           |
| 9 min  | Panel & audience  |                           |
| 5 min<br>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   |   |                           |