**The Young Athlete’s Hip Conference and Workshops**

**25-26 September 2024**

**Worcester College, University of Oxford**

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

**#AthletesHip24**

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

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| **Date** | 25 - 26 September 2024 |
| **Venue** | **Worcester College, University of Oxford** Sultan Nazrin Shah Centre Auditorium and online (live streamed) |
| **Cost**  | In-person (limited to 120 participants): £395; early bird by 15 June: £340Online: £50 (Students and low-income countries: £20). For registered participants unable to attend live, all sessions marked ‘\*’ below will be recorded and available on demand. Conference dinner: £75 (limited tickets) |
| **CPD Accreditation**  | **UEMS, EACCMEA (tbc)** [www.eaccme.eu](http://www.eaccme.eu) and **FSEM (tbc)** [www.fsem.ac.uk](http://www.fsem.ac.uk) |
| **Scientific Planning Committee** | Siôn Glyn-Jones (Co-Chair), Joanne Kemp (Co-Chair), Clare Ardern (Co-Chair), Paul Dijkstra (Co-Chair), Dora Papadopoulou (Co-Chair), Andrea Mosler, Seán Mc Auliffe, Josh Heerey, Julie Jacobsen, Nonhlanhla Mkumbuzi, Lindsey Plass |
| **Scientific Faculty (tbc)**(including presenters, chairpersons and panellists) | **2024 faculty:** Rintje Agricola, Thor Einar Andersen, Tony Andrade, Clare Ardern, Yaron Berkowitz, Ben Clarson, Caroline Bolling, Marcelo Bordalo, Kay Crossley, Katryn Dane, Paul Dijkstra, Lars Engebretsen, Scott Fernquest, Siôn Glyn-Jones, David Hanff, Joar Harøy, Josh Heerey, Per Hölmich, Julie Jacobsen, Kate Jochimsen, Luke Keany, Joanne Kemp, Vikas Khanduja, Signe Kierkegaard, Enda King, Katrine Kryger, Cara Lewis, Vasco Mascarenhas, Seán Mc Auliffe, Inger Mechlenburg, Stephen Mellon, Nonhlanhla Mkumbuzi, Andrea Mosler, Iain Murray, Michael O’Brien, Dora Papadopoulou, Marc Philippon, Lindsey Plass, Amy Price, Dawn Richards, Ed Sallon, Andreas Serner, Pim van Klij, Evert Verhagen, Adam Weir, Fiona Wilson |

Version 5 May 2024

**Overall Objectives**

**Following this conference you will be able to:**

1. Discuss the natural history of hip morphologies: primary cam morphology, pincer morphology and dysplasia
2. Recommend a strategy to manage psychological consequences of hip pain
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
5. Appreciate the causal association between hip morphologies and hip osteoarthritis
6. Discuss decision-making with the patient on best practice management of FAI syndrome in the young athlete
7. Develop a return-to-sport strategy for athletes with FAI syndrome (for those managed non-surgically and surgically)
8. Incorporate the lived experiences of athletes with FAI syndrome into your clinical and research practice
9. Construct a research plan to answer pertinent questions in the field of hip-related pain in young athletes
10. Perform and interpret in-clinic hip and groin ultrasound

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**Agenda summary**

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| **Wednesday 25 September 2024** |
| 08:00 – 10:00  | Registration & tea |
| 08:30 – 09:45  | Pre-conference Research Workshops (invitation only) |
| 10:00 – 10:15 | **Welcome and introduction\*** |
| 10:15 – 12:00 | Session 1: **Keynote lectures\*** |
| 12:00 – 13:30  | Lunch break and poster presentations |
| 13:30 – 15:00 | Session 2: **SYMPOSIUM 1: From hip morphology to hip disease (focussing on primary cam morphology, pincer morphology, and hip dysplasia)\*** |
| 15:00 – 15:30 | Tea and poster presentations |
| 15:30 – 18:00 | Session 3: **Free Communications\*** | Session 4: **CLINICAL WORKSHOP 1 & 2** | Session 5: **MASTERCLASS: Hip and Groin Ultrasound**  |
| 19:30  | Conference dinner (Worcester College) |

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| **Thursday 26 September 2024** |
| 07:00 – 08:00  | Registration & tea |
| 08:00 – 10:00 | Session 6: **SYMPOSIUM 2 – Best practice (arthroscopic) hip surgery for the young athlete\*** | Session 7: **CLINICAL WORKSHOP 3 & 4** |
| 10:00 – 10:30  | Tea and poster presentations |
| 10:30 – 12:30 | Session 8: **SYMPOSIUM 3 – ‘My perspective matters’ – working with athletes/patients with hip pain to deliberate best treatment options\*** | Session 9: **SYMPOSIUM 4 – Imaging for hip-related pain – focussing on femoroacetabular impingement syndrome and its related morphologies** |
| 12:30 – 13:30 | Lunch break and poster presentations  |
| 13:30 – 15:00 | Session 10: **RAPID REVIEWS - Best evidence updates\*** |
| 15:00 – 15:30 | Tea |
| 15:30 – 16:15 | Session 11: **Closing Keynote\*** |
| 16:15 – 16:30 | Conference closing |

\*Only these sessions will be available to online participants

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| **Wednesday 25 September 2024****Pre-conference Research Workshops** |
| **RESEARCH WORKSHOP 1, 2 and 3 – three groups of 10-15 (By invitation only) – in-person only** |
| **Research Workshop 1: International research collaboration on prevention and treatment of hip osteoarthritis in the young athlete/person: sharing existing data** Objectives – to: 1. Discuss and agree on the key elements of international collaborative research to prevent and treat early hip osteoarthritis in athletes/ active people
2. Create a protocol for (tbc)

**Research Workshop 2: International research collaboration on a young athlete’s hip registry** Objectives – to:1. Discuss and agree on the key elements of an international prospective young athlete’s hip registry (cohort study)
2. Create a protocol for an international young athlete’s hip registry (tbc)

**Research Workshop 3:** **Patient and public involvement in research: co-production with athlete/patient partners (including qualitative research)**Objectives – to: 1. Discuss and agree on the key elements of a young athlete’s hip research (YAHiR) collaborative patient and public involvement framework
2. Create a draft protocol for a qualitative study to investigate the psychological consequences of hip-related pain in elite athletes (tbc)
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| 8:30 – 9:45 | Research Workshop 1, 2 and 3 |
| 9:45 – 10:00 Tea |

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| **Wednesday 25 September 2024** |
| 8:00 – 10:00  | Registration & tea - Sultan Nazrin Shah Centre |
| 10:00 – 10:15 | Welcome and introduction  | Scientific Planning Committee:Sion Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra |
| **Session 1: 10:15 to 12:00** |
| **Opening keynote lectures**  |
| **Chairpersons: Kay Crossley and Clare Ardern** Objectives – Following this session participants will be able to:1. Discuss best practice
2. Integrate psychological skills and other interventions for patients with chronic hip pain
3. Describe shared decision-making on surgical intervention for FAI syndrome
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| 10:15 | **Introductions** | Kay Crossley and Clare Ardern |
| 10:20 | **Opening keynote 1:** The International Olympic Committee’s role to protect athletes’ hip health  | Lars Engebretsen |
| 10:40 | Questions  |
| 11:45 | **Opening keynote 2**: Integrating psychological interventions into rehabilitation for patients with chronic hip pain | Kate Jochimsen  |
| 11:05 | Questions |
| 11:10 | **Opening keynote 3**: Measuring motion to predict femoroacetabular impingement (FAI) syndrome  | Stephen Mellon |
| 11:30 | Questions  |
| 11:35 | **Opening keynote 4:** Best practice physiotherapist-led incremental exercise rehabilitation for FAI syndrome and early hip osteoarthritis  | Joanne Kemp |
| 11:55 | Questions |
| 12:00 – 13:30 Lunch and Poster Session 1 (Chairpersons: Fiona Wilson and Adam Weir) |

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| **Session 2: 13:30 to 15:00** |
| **SYMPOSIUM 1: From hip morphology to hip disease (focussing on primary cam morphology, pincer morphology, and hip dysplasia)** |
| **Chairpersons: Inger Mechlenburg and Thor Einar Andersen**Objectives – Following this session participants will be able to:1. Discuss the role of hip morphology in hip disease
2. Consider measures to prevent hip disease in young athletes with hip dysplasia or primary cam morphology
3. Describe the relationship between primary cam morphology and hip dysplasia
 |
| 13:30 | Introduction |  |
| 13:35 | Lecture 1: Most hip morphologies won’t cause hip disease: three key reasons why | Josh Heerey  |
| 13:47 | Lecture 2: Optimising post-surgical rehabilitation for acetabular dysplasia: three key challenges to navigate and opportunities to embrace | Julie Jacobsen |
| 13:59 | Lecture 3: Can we prevent bony morphologies from causing hip disease in young athletes? Primary, secondary, and tertiary principles. | Andrea Mosler  |
| 14:11 | Lecture 4: The PROFE (PROfessional FEmale) hip study: three key results and their implications | Pim v Klij |
| 14:23 | Lecture 5: Primary cam morphology, pincer morphology and hip dysplasia in the young athlete: are they related? Three key considerations for prevention and treatment | Siôn Glyn-Jones |
| 14:35 | Lecture 6: What are the current imaging criteria for classifying cam morphology, pincer morphology, and hip dysplasia? | Ed Sellon |
| 14:47 | Panel discussion | All with Inger Mechlenburg, Thor Einar Andersen and Vasco Mascarenhas |
| 15:00 – 15:30 Tea and Poster Sessions 2 and 3 (Chairpersons: Katrine Kryger and Caroline Bolling) |

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| **Session 3: 15:30 to 18:00** |
| **FREE COMMUNICATIONS (Format: 8-minute talk followed by 2 minutes Q&A) – best paper award sponsored by *JOSPT Open*** <https://www.jospt.org/josptopen> |
| **Chairpersons: Julie Jacobsen and Josh Heerey (Judging panel: Clare Ardern, Evert Verhagen, Nonhlanhla Mkumbuzi, and Iain Murray)** |
| 15:30 | Introduction |  |
| 15:35 | FC 1 | tbc |
| 15:45 | FC 2 | tbc |
| 15:55 | FC 3 | tbc |
| 16:05 | FC 4 | tbc |
| 16:15 | FC 5 | tbc |
| 16:25 | FC 6 | tbc |
| 16:35 | Short Break |  |
| 16:45 | FC 7 | tbc |
| 16:55 | FC 8 | tbc |
| 17:05 | FC 9 | tbc |
| 17:15 | FC 10 | tbc |
| 17:25 | FC 11 | tbc |
| 17:35 | FC 12 | tbc |
| 17:45 | FC 13 | tbc |
| 17:55 | Summary and conclusion |  |
| 19:30 Conference Dinner (Worcester College) |

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| **Session 4: 15:30 to 18:00 (in-person only)** |
| **CLINICAL WORKSHOP 1 & 2 (Two participant groups of 20 per workshop)** |
| **Workshop 1: Performing a good hip and groin assessment – Per Hölmich, Adam Weir, Andreas Serner, and Andrea Mosler** Objectives – Following this workshop, participants will be able to:1. Discuss the key elements of a good hip and groin assessment

**Workshop 2: Caring for the athlete with hip pain: shared decision-making on treatment options and return to play – Seán Mc Auliffe, Caroline Bolling, Luke Keaney, Dora Papadopoulou, Amy Price** Objectives – Following this workshop, participants will be able to:1. Consider the important role of shared decision-making when deliberating ‘return to play’ in athletes with hip pain
 |
| 15:30 – 16:40 | Workshop 1 |  |
| 15:30 – 16:40 | Workshop 2 |  |
| 16:50 – 18:00 | Workshop 1 |  |
| 16:50 – 18:00 | Workshop 2 |  |
| 19:30 Conference Dinner (Worcester College) |

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| **Session 5: 15:30 to 18:00 (in-person only)** |
| **MASTERCLASS: Hip and Groin Ultrasound Masterclass (25 participants: 5 participant groups of 5)** |
| **Chairpersons: Vasco Mascarenhas, David Hanff, Marcelo Bordalo, Ed Sellon, Yaron Berkowitz, and Ara Kassarjian (tbc)**Objectives – Following this ultrasound masterclass, participants will be able to:1. Discuss a structured approach to hip and groin ultrasound
2. Consider the role of diagnostic ultrasound in athletes with hip and groin pain
3. Describe normal hip and groin anatomy, scanning technique, and pitfalls
4. Apply a standardised evaluation of the hip/groin for athletes and recognise common pathologies, including effusion/synovitis, anterior labral abnormalities, tendinopathy and muscle tears.
5. Perform a dynamic ultrasound evaluation to assess snapping hip syndrome and vasalva manoeuvre to detect inguinal hernias.
 |
| 15:30 – 18:00 |  |  |
| 19:30 Conference Dinner (Worcester College) |

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| **Thursday 26 September 2024** |
| 7:00 – 8:00  | Registration & tea |
| **Session 6: 8:00 to 10:00** |
| **SYMPOSIUM 2 – Best practice (arthroscopic) hip surgery for the young athlete**  |
| **Chairpersons and Faculty: Siôn Glyn-Jones, Tony Andrade, and Dora Papadopoulou**Objectives Following this session participants will be able to:1. Discuss the role of hip arthroscopy in young athletes with FAI syndrome
2. Describe how artificial intelligence could bolster better hip arthroscopies
3. Apply the principles of shared decision-making when considering surgical intervention for FAI syndrome in young athletes
 |
| 8:00 | Introduction  |  |
| 8:05 | Lecture 1: Most athletes with FAI syndrome can cope well without surgery—3 reasons why | Lindsey Plass |
| 8:15 | Lecture 2: Hip arthroscopy in the young athlete—3 key considerations  | Marc Philippon |
| 8:25 | Lecture 3: The Hip and Groin Pain in the Active Adult ESSKA EHPA-ESMA Consensus Project—3 key messages  | Per Hölmich |
| 8:35 | Lecture 4: My 3 exercise training pearls for athletes following arthroscopic hip surgery | Joanne Kemp |
| 8:45 | Lecture 5: How I apply artificial intelligence to do better hip arthroscopies—3 top tips  | Vikas Khanduja |
| 8:55 | Lecture 6: Teamwork - consistent messaging and managing expectations in a multidisciplinary setting—3 lessons learned.  | Adam Weir |
| 9:05 | Lecture 7: Making decisions with patients: 3 key aspects to consider when considering surgical intervention for FAI syndrome | Iain Murray |
| 9:15 | Lecture 8: Prehabilitation in the athlete/person before undergoing arthroscopic hip surgery for FAI syndrome—3 pearls | Signe Kierkegaard  |
| 9:25 | Lecture 9: Three challenges when considering hip arthroscopy in the young athlete | Rintje Agricola |
| 9:35 | Lecture 10: We could do better to prevent or postpone hip arthroplasty in young athletes—3 immediate actions | Lars Engebretsen |
| 9:45 | Panel and summary | With Siôn Glyn-Jones, Tony Andrade and Dora Papadopoulou |
| 10:00 – 10:30 Tea and Poster Session 4 and 5 |

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| **Session 7: 8:00 to 10:00 (in-person only)** |
| **CLINICAL WORKSHOP 3 & 4 (Two participant groups of 20)** |
| **Clinical Workshop 3: Best practice exercise training for the athlete with hip dysplasia – Michael O’Brien, Julie Jacobsen, Inger Mechlenburg**Objectives – Following this workshop, participants will be able to:1. Apply best practice exercise training for the athlete with hip dysplasia

**Clinical Workshop 4: Sport-specific field-based training for the athlete with FAI syndrome – Enda King, Andrea Mosler**Objectives – Following this workshop, participants will be able to:1. Discuss the key elements of port-specific field-based training for the athlete with FAI syndrome
 |
| 8:00 – 8:55 | Workshop 3 |  |
| 8:00 – 8:55 | Workshop 4 |
| 9:00 – 10:00 | Workshop 3 |  |
| 9:00 – 10:00 | Workshop 4 |
| 10:00 – 10:30 Tea |

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| **Session 8: 10:30 to 12:30** |
| **SYMPOSIUM 3: ‘My perspective matters’ – working with athletes/patients with hip pain to deliberate best treatment options**  |
| **Chairpersons: Seán Mc Auliffe and Caroline Bolling**Objectives – Following this session participants will be able to:1. Discuss three reasons why the athlete’s voice in research and clinical practice matters
2. Consider how to involve patient partners as co-authors
3. Describe the psychological impact of hip pain in the young athlete
 |
| 10:30 | Introduction |  |
| 10:35 | Lecture 1: Three reasons why the athlete’s voice in research and clinical practice matters | Caroline Bolling  |
| 10:45 | Lecture 2: My hip injury journey—3 lessons to athletes and their medical teams  | Luke Keaney  |
| 10:55 | Lecture 3: The psychological impact of hip pain—3 principles to help athletes coping | Kate Jochimsen |
| 11:05 | Lecture 4: Mind the gap—3 lessons on Return-to-Sport as an Athlete and Physiotherapist | Katryn Dane |
| 11:15 | Lecture 5: Using AI augmented shared decision-making—my 3 top tips | Amy Price  |
| 11:25 | Lecture 6: Whose perspective is it anyway? Three key actions to bringing marginalised athlete voices to the center. | Nonhlanhla Mkumbuzi |
| 11:35 | Lecture 7: Three top tips for patient partners as co-authors | Evert Verhagen |
| 11:45 | Lecture 8: Patients as active partners—3 pearls from the UK Military experience  | Dora Papadopoulou |
| 11.55 | Lecture 9: Three ways to support athlete-patient partners to lead research projects | Dawn Richards  |
| 12:05 | Panel discussion | All |
| 12:30 – 13:30 Lunch and Poster Sessions 6 and 7 (Katrine Kryger and Amy Price) |

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| **Session 9: 10:30 to 12:30 (in-person only)** |
| **SYNPOSIUM 4: Imaging for hip-related pain – focussing on femoroacetabular impingement syndrome and its related morphologies**  |
| **Chairpersons: Ed Sellon, Yaron Berkowitz, Vasco Mascarenhas and David Hanff** Objectives – Following this session participants will be able to:1. Discuss the role of imaging in young athletes with hip-related pain
2. Discuss the imaging approach to morphologies associated with FAI syndrome
3. Consider the benefits (and pitfalls) of MR imaging vs radiographs for athletes with FAI syndrome
4. Describe the role of different imaging modalities in low resource settings
 |
| 10:30 | Introduction |  |
| 10:3510:47 | Lecture 1: Ultrasound for hip-related pain—5 principles to help clinicians in low recourse settingsQ&A | Ed Sellon |
| 10:5011:02 | Lecture 2: Hip MRI-findings could send you down a rabbit hole—5 lessons to athletes and their medical teams Q&A | David Hanff |
| 11:0511:17 | Lecture 3: Could artificial intelligence help us to diagnose FAI syndrome? Five key aspects to consider.Q&A  | Marcelo Bordalo |
| 11:2011:32 | Lecture 4: Imaging in low-resourced settings—5 reasons why expensive 3D imaging might not be necessary Q&A | Vasco Mascarenhas |
| 11:3511:47 | Lecture 5: Five pearls for physiotherapists to master hip and groin ultrasound.Q&A | Julie Jacobsen  |
| 11:5012:02 | Lecture 6: Serial imaging to evaluate how hip morphologies develop in the young athlete and to monitor the natural history of hip morphologies—5 key points to consider. Q&A |  |
| 12:05 | Panel discussion | All |
| 12:30 – 13:30 Lunch |

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| **Session 10: 13:30 to 15:00** |
| **RAPID REVIEWS - Best evidence updates (Format 5 minutes; 1 slide)** |
| **Chairpersons: Clare Ardern and Fiona Wilson** Objectives – Following this session participants will be able to:1. Discuss current best evidence for key topics in athletes with hip-related
 |
| 13:30 | Introduction  |  |
| 13:35 | Rapid review 1: Arthroscopic hip surgery for FAI syndrome in the (very) young athlete—5 early findings from the Norwegian National Registry  | Joar Harøy |
| 13:40 | Panel & audience  |  |
| 13:43 | Rapid review 2: Long-term follow up for patients after hip arthroscopy for FAI syndrome—5 important clinical considerations  | Signe Kierkegaard |
| 13:48 | Panel & audience |  |
| 13:51 | Rapid review 3: Early hip osteoarthritis development in football players: 5 key findings from FORCe study | Josh Heerey |
| 13:56 | Panel & audience |  |
| 13:59 | Rapid review 4: Football players with hip dysplasia—5 key clinically relevant lessons from my research | Michael O'Brien (tbc) |
| 14:04 | Panel & audience  |  |
| 14:07 | Rapid review 5: Return to sport in 1927 patients with hip dysplasia after PAO – a 20y follow up study: 5 key messages for clinicians and athletes | Inger Mechlenburg  |
| 14:12 | Panel & audience  |  |
| 14:15 | Rapid review 6: Five key points from the physioFIRST trial of physiotherapist led treatment for FAI syndrome | Joanne Kemp  |
| 14:20 | Panel & audience  |  |
| 14:23 | Rapid review 7: Five key points from the FAIM study’s 3-year follow up  | Scott Fernquest |
| 14:28 | Panel & audience |  |
| 14:31 | Rapid review 8: Tibial malrotation as a possible cause of functional FAI syndrome  | Tony Andrade |
| 14:36 | Panel & audience  |  |
| 14:39 | Rapid review 9: Lost in research translation: female athletes are not male athletes, especially at the hip – five takeaways | Cara Lewis |
| 14:44 | Panel & audience |  |
| 14:47 | Rapid review 10: More value and less waste in research on primary cam morphology and its natural history—5 action-inviting themes from a qualitative interview study of stakeholders’ perspectives | Paul Dijkstra |
| 14:52 | Panel & audience |  |
| 14:55 | Summary and conclusion  | All  |
| 15:00 – 15:30 Tea  |

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| **Session 11: 15.30 to 16.15** |
| **Closing Keynote – Kay Crossley** |
| **Chairpersons: Andrea Mosler and Nonhlanhla Mkumbuzi**Objectives – Following this session participants will be able to:1. TBC
 |
| 15:30 – 16:15 | Title tbc | Kay Crossley |
| 16:15 – 16:30 Conference closing – Sion Glyn-Jones (NDORMS, Oxford), Clare Ardern (JOSPT) and Joanne Kemp (BJSM), Evert Verhagen (BOSEM) |