**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: £340  Online: £50 (Students and low-income countries: £20)  Conference dinner: £75 (limited tickets) |
| **CPD Accreditation** | * **Royal College of Surgeons of England CPD points (tbc)** [**www.rcseng.ac.uk**](https://urldefense.com/v3/__http:/www.rcseng.ac.uk/__;!!K-Hz7m0Vt54!kb0cRgnpwlDVxoYRBjOUt2GeiRTWraQG96OVwI8NNRMZcyrKzC1dYE9XZrBIWsZAm-OGdzhy18peN9ZIZr_qFXweHWpalhc$) * **UEMS, EACCMEA (**[www.eaccme.eu](http://www.eaccme.eu)) * **FSEM (**[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, Caroline Bolling, Marcelo Bordalo, 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, Vasco Mascarenhas, Seán Mc Auliffe, Inger Mechlenburg, Nonhlanhla Mkumbuzi, Andrea Mosler, Iain Murray, Michael O’Brien, Dora Papadopoulou, Lindsey Plass, Amy Price, Dawn Richards (tbc), Andreas Serner, Pim van Klij, Evert Verhagen |

Version 15 April 2024

**Overall Objectives**

**Following this symposium 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 some of the 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 – 10:30 | **Welcome and introduction** | | |
| 10:30 – 12:00 | Session 1: **Keynote lectures** | | |
| 12:00 – 13:30 | Lunch break | | |
| 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 | | |
| 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 | | |
| 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 | | |
| 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 | | |

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| **Wednesday 25 September 2024**  **Pre-conference Research Workshops** | |
| **RESEARCH WORKSHOP 1 & 2 – two groups of 15-20 (By invitation only) – HYBRID** | |
| **Research Workshop 1: International research collaboration on prevention and treatment of hip osteoarthritis in the young athlete/person – Josh Heerey, Sion Glyn-Jones, Jo Kemp, Rintje Agricola, Pim v Klij, Adam Weir, Per Hölmich, Lars Engebretsen (IOC), Thor Einar Andersen, Joar Harøy, Iain Murray, Andreas Serner (FIFA), David Hanff, Vasco Mascarenhas**  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 an international young athlete’s hip registry   **Research Workshop 2:** **Patient and public involvement in research: co-production with athlete/patient partners (including qualitative research) – Amy Price, Dawn Richards (tbc), Caroline Bolling, Evert Verhagen, Seán Mc Auliffe, Andrea Mosler, Luke Keaney, Katryn Dane, Katrine Kryger (FIFA);**  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 athletes (tbc) | |
| 8:30 – 9:45 | Research Workshop 1 & 2 |
| 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 – 10:30 | | Welcome and introduction | Scientific Planning Committee:  Sion Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra | | |
| **Session 1: 10:30 to 12:00** | | | | | |
| **Opening keynote lectures (Change to 20 minutes and not 25)** | | | | | |
| **Chairpersons: Kay Crossley and Sion Glyn-Jones**  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 | | | | | |
| 10:30 | **Opening keynote 1:** The International Olympic Committee’s role to protect athletes’ hip health | | | | Lars Engebretsen |
| 10:55 | Questions | | | | |
| 11:00 | **Opening keynote 2**: Integrating psychological interventions into rehabilitation for patients with chronic hip pain | | | | Kate Jochimsen |
| 11:25 | Questions | | | | |
| 11:30 | **Opening keynote 3**: Best practice physiotherapist-led incremental exercise rehabilitation for FAI syndrome and early hip osteoarthritis | | | | Joanne Kemp |
| 11:55 | Questions | | | | |
| 12:00 – 13:30 Lunch | | | | | |
| **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 re the current imaging criteria for diagnosing cam morphology, pincer morphology, and hip dysplasia? | | | tbc | |
| 14:47 | Panel discussion | | | All with Inger Mechlenburg and Thor Einar Andersen | |
| 15:00 – 15:30 Tea | | | | | |

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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** | | |
| **Chairpersons: Julie Jacobsen and Josh Heerey (Judging panel: Evert Verhagen, Clare Ardern, 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** | | |
| **CLINICAL WORKSHOP 1 & 2 (Two participant groups of 20 per workshop)** | | |
| **Workshop 1: Performing a good hip and groin assessment – Per Hölmich 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** | | |
| **MASTERCLASS: Hip and Groin Ultrasound Masterclass (25 participants: 5 participant groups of 5)** | | |
| **Chairpersons: Vasco Mascarenhas, David Hanff, Marcelo Bordalo, 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 | | |
| 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 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 | | tbc |
| 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 | Panel | |  |
| 9:05 | Lecture 6: Making decisions with patients: 3 key aspects to consider when considering surgical intervention for FAI syndrome | | Iain Murray |
| 9:15 | Lecture 7: My approach to surgery for the athlete with hip dysplasia—3 pearls | | tbc |
| 9:25 | Lecture 8: Three challenges when considering hip arthroscopy in the young athlete | | Rintje Agricola |
| 9:35 | Lecture 9: 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 and Dora Papadopoulou |
| 10:00 – 10:30 Tea | | | |

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| **Session 7: 8:00 to 10:00** | | |
| **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: TBC | Katryn Dane |
| 11:15 | Lecture 5: Using AI augmented shared decision-making—my 3 top tips | Amy Price |
| 11:25 | Lecture 6: TBC How | 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: Success stories from Canada – PxP (for patients by patients) conference | Dawn Richards (tbc) |
| 12:05 | Panel discussion | All |
| 12:30 – 13:30 Lunch | | |

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| **Session 9: 10:30 to 12:30** | | |
| **SYNPOSIUM 4: Imaging for hip-related pain – focussing on femoroacetabular impingement syndrome and its related morphologies** | | |
| **Chairpersons: 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. Describe the role of different imaging modalities in low resource settings | | |
| 10:30 | Introduction |  |
| 10:35  10:47 | Lecture 1: TBC  Q&A |  |
| 10:50  11:02 | Lecture 2: Hip MRI-findings could send you down a rabbit hole—3 lessons to athletes and their medical teams  Q&A | David Hanff |
| 11:05  11:17 | Lecture 3: Ultrasound for hip-related pain—3 principles to help clinicians in low recourse countries  Q&A | Marcelo Bordalo |
| 11:20  11:32 | Lecture 4: Imaging in low-resourced settings—3…  Q&A | Vasco Mascarenhas |
| 11:35  11:47 | Lecture 5: TBC  Q&A |  |
| 11:50  12:02 | Lecture 6:  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 Andrea Mosler**  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: TBC | Joar Haroy |
| 13:40 | Panel & audience |  |
| 13:45 | Rapid review 2: TBC |  |
| 13:50 | Panel & audience |  |
| 13:55 | Rapid review 3: FORCE study (tbc) | Josh Heerey |
| 14:00 | Panel & audience |  |
| 14:05 | Rapid review 4: Football players with hip dysplasia—5 key clinically relevant lessons from my research | Michael O'Brien |
| 14:10 | Panel & audience |  |
| 14:15 | Rapid review 5: TBC | Inger Mechlenburg |
| 14:20 | Panel & audience |  |
| 14:25 | Rapid review 6: The athlete-soldier’s hip—5 clinical pearls from my practice | Dora Papadopoulou |
| 14:30 | Panel & audience |  |
| 14:35 | Rapid review 7: Five key points from the FAIM study’s 3-year follow up | Scott Fernquest |
| 14:40 | Panel & audience |  |
| 14:45 | Rapid review 8: 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 |
| 14:50 | 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 – Professor Kay Crossley** | | |
| **Chairpersons: Paul Dijkstra 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 | | |