

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

Partnering to promote and protect athletes' hip health

Date	25 - 26 September 2024
Venue	Worcester College, University of Oxford Sultan Nazrin Shah Centre Auditorium and online (live streamed)
Cost	<ul style="list-style-type: none"> • In-person (limited to 120 participants): £395; early bird by 15 June: £340 • Online: £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, EACCME (tbc) www.eaccme.eu and FSEM (tbc) 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, Caroline Bolling, Marcelo Bordalo, Ben Clarson, 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, 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, Antony Palmer, Dora Papadopoulou, Marc Philippon, Lindsey Plass (online), Amy Price, Dawn Richards (online), Ed Sellon, Andreas Serner, Pim van Klij, Evert Verhagen, Adam Weir, Fiona Wilson

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



Agenda summary

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)		

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

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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 1. Discuss and agree on the key elements of an international prospective young athlete's hip registry (cohort study) 3. 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: <ol style="list-style-type: none"> 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) 	
8:30 – 9:45	Research Workshop 1, 2 and 3
9:45 – 10:00 Tea	

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: <ol style="list-style-type: none"> 1. Discuss the International Olympic Committee's role to protect athletes' hip health 2. Integrate psychological skills and other interventions for patients with chronic hip pain 3. Discuss how measuring motion could predict femoroacetabular impingement (FAI) syndrome 4. Describe best practice physiotherapist-led incremental exercise rehabilitation for FAI syndrome and early hip osteoarthritis 		
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	

The Young Athlete's Hip Research Collaborative



NDORMS
NUFFIELD DEPARTMENT OF ORTHOPAEDICS,
 RHEUMATOLOGY AND MUSCULOSKELETAL SCIENCES
 Medical Sciences Division



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)		

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:		
<ol style="list-style-type: none"> 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)		

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)

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:

The Young Athlete's Hip Research Collaborative



NDORMS
NUFFIELD DEPARTMENT OF ORTHOPAEDICS,
 RHEUMATOLOGY AND MUSCULOSKELETAL SCIENCES
 Medical Sciences Division



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)		

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, and Yaron Berkowitz

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)		

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

The Young Athlete's Hip Research Collaborative



NDORMS
NUFFIELD DEPARTMENT OF ORTHOPAEDICS,
 RHEUMATOLOGY AND MUSCULOSKELETAL SCIENCES
 Medical Sciences Division



8:45	Lecture 5: Ensuring best outcomes for hip arthroscopy in the young athlete with FAI syndrome or early-onset hip osteoarthritis—3 top tips	Siôn Glyn-Jones
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		

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

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

The Young Athlete's Hip Research Collaborative



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)		

Session 9: 10:30 to 12:30 (in-person only)

SYMPOSIUM 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	
10:35	Lecture 1: Ultrasound for hip-related pain—5 principles to help clinicians in low recourse settings	Ed Sellon
10:47	Q&A	
10:50	Lecture 2: Hip MRI-findings could send you down a rabbit hole—5 lessons to athletes and their medical teams	David Hanff
11:02	Q&A	
11:05	Lecture 3: Could artificial intelligence help us to diagnose FAI syndrome? Five key aspects to consider.	Marcelo Bordalo
11:17	Q&A	
11:20	Lecture 4: Imaging in low-resourced settings—5 reasons why expensive 3D imaging might not be necessary	Vasco Mascarenhas
11:32	Q&A	

The Young Athlete's Hip Research Collaborative



11:35	Lecture 5: Five pearls for physiotherapists to master hip and groin ultrasound.	Julie Jacobsen
11:47	Q&A	
11:50	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.	Antony Palmer (tbc)
12:02	Q&A	
12:05	Panel discussion	All
12:30 – 13:30 Lunch		

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: Athletes with hip dysplasia—5 key clinically relevant lessons from my research	Michael O'Brien
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	

The Young Athlete's Hip Research Collaborative



NDORMS
NUFFIELD DEPARTMENT OF ORTHOPAEDICS,
 RHEUMATOLOGY AND MUSCULOSKELETAL SCIENCES
 Medical Sciences Division



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		

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. Describe how hip osteoarthritis develops in football players
2. Construct a management plan for the footballer with early hip osteoarthritis

15:30 – 16:15	The hip osteoarthritis continuum in football players	Kay Crossley
---------------	--	--------------

16:15 – 16:30 Conference closing – Sion Glyn-Jones (NDORMS, Oxford), Clare Arden (JOSPT) and Joanne Kemp (BJSM), Evert Verhagen (BOSEM)