

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

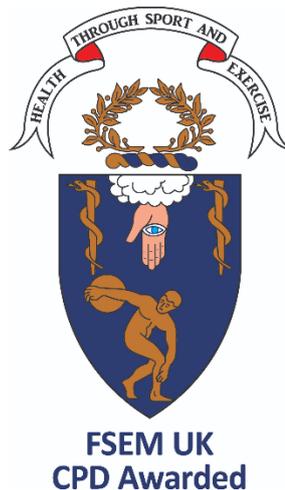
Partnering to promote and protect athletes' hip health

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 • Online (livestream) – only sessions marked ‘*’ delivered from the main auditorium: £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	FSEM www.fsem.ac.uk – 12 CPD credits and UEMS, EACCME – 13 CME Credits www.eaccme.eu
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 (including presenters, chairpersons and panellists)	2024 faculty: Rintje Agricola , Thor Einar Andersen , Tony Andrade , Clare Ardern , Yaron Berkowitz , Caroline Bolling , Katryn Dane , Paul Dijkstra , Lars Engebretsen , Scott Fernquest , Siôn Glyn-Jones , David Hanff , Joar Harøy , Josh Heerey , Per Hölmich , Julie Jacobsen , Kate Jochimsen , Luke Keaney , Joanne Kemp , Signe Kierkegaard , 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 , Kathleen 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



"The Young Athlete's Hip Conference & Workshops (YAHIR), Oxford, United Kingdom 25/09/2024 - 26/09/2024, has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 13.0 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity."



Agenda summary

Wednesday 25 September 2024			
08:00 – 10:00	Registration & tea		
08:15 – 09:30	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 e-Poster session 1		
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)		

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 and e-Poster session 2		
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

VENUE: Sultan Nazrin Shah Centre

Session	Venue
Session 1,2,3,6,8,10,11; Lunch break e-Poster sessions	Tuanku Bainun Auditorium
Pre-conference workshop 1; Session 4, CLINICAL WORKSHOP 1; Session 7, CLINICAL WORKSHOP 3	Hilton Seminar Room
Pre-conference workshop 2; Session 4, CLINICAL WORKSHOP 2; Session 7, CLINICAL WORKSHOP 4; Session 9, SYMPOSIUM 4 (Imaging)	Le May Seminar Room
Pre-conference workshop 3; Session 5 – Ultrasound Masterclass	Studio

Wednesday 25 September 2024

Pre-conference Research Workshops (By invitation only for conference faculty members)

8:15 – 9:30

RESEARCH WORKSHOPS 1, 2 and 3 (In-person by invitation only)

These pre-conference research workshops will be continued on Friday 27 September

Research Workshop 1: YAHiR consensus on core health-related domains and core outcome sets for people with hip-related pain

Objectives – to:

1. Discuss and agree on the key elements for establishing core health domains and defining a core outcome set for clinical trials and longitudinal investigations of people with hip-related pain.
2. Work towards crafting and publishing a protocol for an international consensus on core health-related domains and core outcome sets for people with hip-related pain

Participants: Josh Heerey, Diogo Gomes, Pim van Klij, Yaron Berkowitz, David Hanff, Cara Lewis, Antony Palmer, Joar Harøy, Julie Jacobsen, Signe Kierkegaard, Adam Weir, Stephen Mellon

Research Workshop 2: International research collaboration on a young athlete's hip registry – working towards a multicentre grant application

Objectives – to:

1. Discuss and agree on the key elements of an international prospective young athlete's hip registry (cohort study)
2. Work towards crafting and publishing a protocol for an international athlete's hip registry

Participants: Sion Glyn-Jones, Thor Einar Andersen, Clare Ardern, Paul Dijkstra, Lars Engebretsen, Iain Murray, Andreas Serner, Evert Verhagen, Per Hölmich, Marc Philippon, Vasco Mascarenhas, Joanne Kemp, Rintje Agricola, Ed Sellon, Dora Papadopoulou, Tony Andrade, Scott Fernquest, Inger Mechlenburg, Fiona Wilson

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. Work towards refining a draft protocol for a qualitative study to investigate the psychological consequences of hip-related pain in elite athletes

Participants: Andrea Mosler, Sean McAuliffe, Amy Price, Luke Keaney, Nonhlanhla Mkumbuzi, Michael O'Brien, Kathleen Price, Kate Jochimsen, Fiona Wilson, Dawn Richards (online – only on research day), Lindsey Plass (online only on research day), Kathryn Dane, Caroline Bolling, Katrine Kryger

8:15 – 9:30

Research Workshop 1, 2 and 3

9:30 – 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: Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium		
Chairpersons: Joanne Kemp 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 		
10:15	Introductions	Joanne Kemp 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: Total Hip Replacement or Resistance Training for Severe Hip Osteoarthritis	Inger Mechlenburg
11:55	Questions	
12:00 – 13:30 Lunch		
12:35 – 13:30 e-Poster Session 1		

12:35 – 13:30 e-Poster Session 1 - Chairpersons: Fiona Wilson and Adam Weir (Judging panel: Clare Ardern, Evert Verhagen, Nonhlanhla Mkumbuzi, and Iain Murray) Presentations (5 min) followed by questions and answers (2 min)

12:35	Introduction	
12:40	First-line treatment for femoroacetabular impingement syndrome: comparing a 6-month supervised exercise intervention to usual care on hip-related quality of life. A protocol for a multicenter randomized controlled trial.	Frederik Foldager
12:47	Is it time to SIMPLI-FAI? Development of the Single-leg squat Movement Performance scaLe for Individuals with FemoroAcetabular Impingement syndrome co-designed with end-users	Diogo Gomes
12:55	Physiotherapist-led exercise-based treatment for patients diagnosed with femoroacetabular impingement syndrome based on response to an intra-articular anesthetic hip injection	Lasse Ishøi

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13:02	The prevalence of Femoroacetabular Impingement Syndrome (FAIS) in Gaelic Games	Shauna Jordan
13:09	Return to Golf Following Hip Arthroscopy: A Retrospective Cohort Study	Hanyu Liu
13:16	Evaluating the Prevalence of Signs and Symptoms Associated with Femoroacetabular Impingement Syndrome in Youth Ice Hockey and Ringette	Maitland Martin
13:23	Summary and conclusion	

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) - Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

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: Hip osteoarthritis in athletes: three key messages	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		

Session 3: 15:30 to 18:05

FREE COMMUNICATIONS (Format: 8-minute talk followed by 2 minutes Q&A) – best paper award sponsored by *JOSPT Open* <https://www.jospt.org/josptopen>
 Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium



Chairpersons: Julie Jacobsen and Josh Heerey (Judging panel: Clare Ardern, Evert Verhagen, Nonhlanhla Mkumbuzi, and Iain Murray)

15:30	Introduction	Josh Heerey
15:32	FC 1: Intrinsic Risk Factors for Hip-Related Pain in Elite Rowers	Liz Arnold
15:42	FC 2: Normal values for hip strength and range of motion in professional female football players	Tom Beddows
15:52	FC 3: Outcome measures for hip and groin disorders in children and adolescents: A Scoping review	Amalie Bjerre (represented by Kristian Thorborg)
16:02	FC 4: Enhancing testing - Our post-Femoroacetabular impingement syndrome surgery test battery is not as meaningful as initially believed: an observational study	Joévin Burnel
16:12	FC 5: The prevalence of pincer morphology in early adolescents from the general population: a population-based study (Generation R)	Delong Chen
16:22	FC 6: Clinical practice for longstanding hip and groin pain among general practitioners and physical therapists in primary care: A survey study	August Estberger
16:32	FC 7: Will you get what you want? Treatment goals and expectations of patients with femoroacetabular impingement syndrome regarding physiotherapist-led treatment	Diogo Gomes
16:42	Short Break	
16:45	FC 8: Muscle- and tendon-related palpation pain in patients with femoroacetabular impingement syndrome is associated with worse patient-reported outcome before and 12-months after hip arthroscopy	Lasse Ishøi
16:55	FC 9: Hip and groin pain in female Gaelic games players: Prevalence and profile	Shauna Jordan
17:05	FC 10: Progressive Resistance Training or Neuromuscular Exercise for Hip Osteoarthritis. A Multicenter Cluster Randomized Controlled Trial	Troels Kjeldsen
17:15	FC 11: Examining Symptoms, Clinical, and Radiographic Signs of Femoroacetabular Impingement Syndrome in Youth Ice Hockey and Ringette Athletes	Maitland Martin

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17:25	FC 12: Digital Twin of a Surgical Patient with Femoroacetabular Impingement Syndrome (DToSP-FAIS): Application of a Novel Approach and Case Study of Static Twin in Extended Reality	Yosra Mekki (represented by Mohammad Bilal)
17:35	FC 13: Intra- and inter-rater reproducibility of radiographic findings related to the femoral head-neck junction, acetabulum, hip joint space, and pubic symphysis joint: A study of 46 male athletes with and 40 without groin pain.	Mathias Nielsen
17:45	FC 14: Do preoperative characteristics predict sports participation following periacetabular osteotomy among patients with hip dysplasia?	Lisa Tønning
17:55	FC 15: The prevalence of primary cam morphology in early adolescents from the general population: a population-based study (Generation R)	Delong Chen
18:05	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:

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)

Chairperson: Ed Sellon. Faculty: Ed Sellon, Vasco Mascarenhas, David Hanff 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 - Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

Chairpersons and Faculty: Siôn Glyn-Jones, Tony Andrade, Joanne Kemp, 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 (pre-recorded)

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: Ensuring best outcomes for hip arthroscopy in the young athlete with FAI syndrome or early-onset hip osteoarthritis—3 top tips

Siôn Glyn-Jones

8:45 Lecture 5: Managing late stage osteoarthritis in the young athlete—3 key messages

Antony Palmer

8:55 Lecture 6: Teamwork - consistent messaging and managing expectations in a multidisciplinary setting—3 lessons learned.

Adam Weir

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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, Joanne Kemp, and Dora Papadopoulou
10:00 – 10:30 Tea		

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 – Andrea Mosler, Sean McAuliffe and Joar Harøy

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	
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8:00 – 8:55	Workshop 4	
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9:00 – 10:00	Workshop 3	
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9:00 – 10:00	Workshop 4	
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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 - Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

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	
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10:35	Lecture 1: Three reasons why the athlete's voice in research and clinical practice matters	Caroline Bolling
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10:45	Lecture 2: My hip injury journey—3 lessons to athletes and their medical teams	Luke Keane
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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	Kathryn 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 (pre-recorded)
12:05	Panel discussion	All
12:30 – 13:30 Lunch		
13:00 e-Poster Session		

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 and Vasco Mascarenhas

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 10:47	Lecture 1: Ultrasound for hip-related pain—5 principles to help clinicians in low recourse settings Q&A	Ed Sellon
10:50 11:02	Lecture 2: Hip MRI-findings could send you down a rabbit hole—5 lessons to athletes and their medical teams Q&A	David Hanff
11:05 11:17	Lecture 3: Ultrasound interventions in the hip—five key aspects to consider. Q&A	Yaron Berkowitz
11:20 11:32	Lecture 4: Imaging in low-resourced settings—5 reasons why expensive 3D imaging might not be necessary Q&A	Vasco Mascarenhas
11:35 11:47	Lecture 5: Five pearls for physiotherapists to master hip and groin ultrasonography. Q&A	Julie Jacobsen

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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
12:02	Q&A	
12:05	Panel discussion	All
12:30 – 13:30 Lunch		

Lunchtime e-Poster Session 2 13:00 to 13.30

Presentations (5 min) followed by questions and answers (2 min)

Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

Chairpersons: Cara Lewis and Amy Price

13:00	Introduction	Amy Price
13:02	The relationship between hip joint morphology and hip range of motion in circus performers with hip-related pain	Michael O'Brien
13:09	Is occupational load associated with worse hip-related symptoms and joint structure in high-impact athletes?	Pim van Klij
13:16	Validation of the Copenhagen Hip and Groin Outcome Score (HAGOS) and International Hip Outcome Tool – 12 (iHOT-12) in patients undergoing hip arthroscopy	Kristian Thorborg
13:23	Labral pathology predicts cartilage loss over 2 years in young adult football players: Findings from the femoroacetabular impingement and hip osteoarthritis cohort study	Joshua Heerey

Session 10: 13:30 to 15:00

RAPID REVIEWS - Best evidence updates (Format 5 minutes; 1 slide) - Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

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: Best evidence treatment of FAI syndrome in adolescent athletes—5 key points to inform future research	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

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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 FAIT 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—5 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 - Sultan Nazrin Shah Centre - Tuanku Bainun Auditorium

Chairpersons: Andrea Mosler and Nonhlanhla Mkumbuzi

Objectives – Following this session participants will be able to:

1. Describe best practice physiotherapist-led incremental exercise rehabilitation for FAI syndrome and early hip osteoarthritis
2. Construct an exercise rehabilitation management plan for an athlete with FAI syndrome or early hip osteoarthritis

15:30 – 16:15	Best practice physiotherapist-led incremental exercise rehabilitation for FAI syndrome and early hip osteoarthritis	Joanne Kemp
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16:15 – 16:30 **Conference closing** – Sion Glyn-Jones (NDORMS, Oxford), Clare Ardern (JOSPT) and Joanne Kemp (BJSM), Evert Verhagen (BOSEM)