The Oxford-Aspetar-La Trobe Young Athlete's Hip Webinar Series

The Young Athlete's Hip Research (YAHiR) Collaboration

Protecting the young athlete's hip: the frontline of clinical practice and research on primary cam morphology and femoroacetabular impingement (FAI) syndrome

#OxfordHip2021

Date	Title and faculty	CPD 17.5
20th Nov 2020, 5pm GMT	**1. What is primary cam morphology? Taxonomy, terminology and definitions** Clare Ardern, Paul Dijkstra, Siôn Glyn-Jones, Karim Khan	1
11th Dec 2020, 6pm GMT	**2. Imaging strategies for primary cam morphology and FAI syndrome** Paul Dijkstra, Ara Kassarjian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer with Bruce Forster and Scott Fernquest	1.5
15th Jan 2021, 7pm GMT	**3. What causes primary cam morphology and FAI syndrome?** Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Siôn Glyn-Jones, Josh Heerey, Pim van Klij	1.5
5th Feb 2021, 7pm GMT	**4. Screening and prevention of primary cam morphology and its consequences in athletes** Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Andrea Mosler, Jason Oke	1.5
26th Feb 2021, 7pm GMT	**5. Hip dysplasia, cam morphology and FAI syndrome – is there a link?** Julie Jacobsen, Inger Mechlenburg, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra	1.5
26th March 2021, 7pm GMT	**6. What are the consequences of primary cam morphology?** Andrea Mosler, Josh Heerey, Siôn Glyn-Jones, Rintje Agricola, Clare Ardern, Joanne Kemp, Paul Dijkstra	1.5
30th April 2021, 7pm BST	**7. Treatment and prognosis of primary cam morphology and FAI syndrome in young athletes** Joanne Kemp, Mo Gimpel, Per Hölmich, Siôn Glyn-Jones, Marc Philippon, Clare Ardern, Paul Dijkstra	2
Saturday 29th May 2021, 12.00 BST	**8. Young Athlete's Hip Research (YAHiR) collaboration** Sean Mc Auliffe, Paul Dijkstra, Femi Ayeni, Scott Fernquest, Antony Palmer, Sheree Bekker, Lauren Pierpoint, Clare Ardern	2
23rd June 2021, 8pm BST	**9. Involving patients and the public in developing, performing, and reporting research and education on FAI syndrome and primary cam morphology** Amy Price, Dawn Richards, Lindsey Plass, Rich Willy, Andrea Mosler, Clare Ardern, Joanne Kemp, Paul Dijkstra	1.5
22nd Sept 2021, 12pm BST	**10. Sharing results of the YAHiR Collaboration's Delphi exercise on primary cam morphology terminology, definitions and imaging outcome measures** Clare Ardern, Paul Dijkstra, Eugene McNally, Siôn Glyn-Jones, Joanne Kemp	1.5
23rd Sept 2021, 12pm BST	**11. Young Athlete's Hip Research Collaboration: Prioritising rigorous, inclusive, and evidence-based research on conditions affecting the young person's hip (focussing on primary cam morphology and its consequences in athletes)** Mike Clarke, Andrea Mosler, Stephanie Kliethermes, Trish Greenhalgh, Siôn Glyn-Jones, Karim Khan, Joanne Kemp, Clare Ardern, Paul Dijkstra	2.5

Version: 30 August 2020 (14)

Scientific Planning & Organising Committee	Paul Dijkstra (Chair), Siôn Glyn-Jones (Co-Chair), Mike Clarke (Co-Chair), Joanne Kemp (Co-Chair), Karim Khan, Trisha Greenhalgh, Jason Oke, Clare Ardern, Andrea Mosler, Louise Strickland, Sofie Nelis, Faten Smiley, Sue King, Tiya Muluzi, Matt Brock, Ruth Davis
Scientific Faculty	Rintje Agricola, Clare Ardern, Femi Ayeni, Sheree Bekker, Paul Dijkstra, Scott Fernquest, Bruce Forster, Mo Gimpel, Siôn Glyn-Jones, Trisha Greenhalgh, Josh Heerey, Per Hölmich, Julie Jacobsen, Ara Kassarjian, Joanne Kemp, Stephanie Kliethermes, Sean Mc Auliffe, Eugene McNally, Inger Mechlenburg, Andrea Mosler, Jason Oke, Antony Palmer, Marc Philippon, Lauren Pierpoint, Lindsey Plass, Amy Price, Dawn Richards, Pim van Klij, Rich Willy
Cost	**£75 for all 11 webinars**
CPD Accreditation	The Royal College of Surgeons of England (17.5 CPD credits) http://accreditation.rcseng.ac.uk/Home/InfoAccredited
Collaborating Institutions	A **collaborative event** between the University of Oxford, Aspetar, Qatar Orthopaedic and Sports Medicine Hospital, and La Trobe University. **Approved by** British Journal of Sports Medicine (BJSM) as "Quality International Education" **Endorsed by**: CIHR Institute of Musculoskeletal Health and Arthritis (CIHR) **Faculty from**: Aarhus University, University of Bath, Copenhagen University, Erasmus University Medical Centre, McMaster University, Philippon Steadman Clinic, Southampton Football Club, Stanford University, Qatar University

Overall Objectives

Following this webinar series participants will be able to:

1. Discuss terminology and definitions for primary cam morphology and femoroacetabular impingement (FAI) syndrome
2. Compare imaging outcome measures in research studies on how primary cam morphology develops, and in clinical practice when treating patients with FAI syndrome
3. List the risk factors for primary cam morphology in athletes, and discuss the definition, measurement and reporting of these
4. Describe potential benefits and harms of screening for primary cam morphology in athletes, including wise treatment strategies, overdiagnosis and overtreatment
5. Describe hip dysplasia and its role in FAI
6. Discuss primary cam morphology prognosis, including who is likely to develop FAI syndrome and hip osteoarthritis
7. Discuss wise clinical management of asymptomatic athletes with primary cam morphology, and those with FAI syndrome
8. Develop a research plan for prospective research on aetiology and prognosis of hip conditions in the young athlete
9. Develop a plan for Patient and Public Involvement (PPI) in hip research
10. Discuss the role of prospective individual participant data meta-analyses in research on primary cam morphology formation and prognosis

The Oxford-Aspetar-La Trobe Young Athlete's Hip Webinar Series

WEBINAR 1: What is primary cam morphology? Taxonomy, terminology and definitions (1 hour)

Faculty: Clare Ardern, Siôn Glyn-Jones, Paul Dijkstra, Karim Khan Objectives Following this webinar participants will be able to: 1. Discuss the current inconsistent use of terminology and definitions for primary cam morphology 2. Describe 3 key elements of concept analysis method 3. Discuss why primary cam morphology in the athlete matters		
How do we talk about and define primary cam morphology?		
8 min	Introduction	Paul Dijkstra, Clare Ardern & Karim Khan
12 min	Confusing terminology, definitions and outcome measures make it difficult to protect athletes' health	Clare Ardern
12 min	What is primary cam morphology? A concept analysis	Paul Dijkstra
12 min	Why is primary cam morphology important?	Siôn Glyn-Jones
16 min	Discussion: implications for clinical practice and research	All

WEBINAR 2: Imaging strategies for primary cam morphology and FAI syndrome (1.5 hours)

Faculty: Clare Ardern, Paul Dijkstra, Ara Kassarjian, Joanne Kemp, Andrea Mosler, Eugene McNally, Antony Palmer with Bruce Forster and Scott Fernquest Objectives Following this webinar participants will be able to: 1. Choose wisely the appropriate imaging for studies on how primary cam morphology develops, and for managing femororacetabular impingement syndrome in clinical practice 2. Describe the factors to consider when planning serial scanning for research in adolescent athletes		
How do we diagnose cam morphology and FAI syndrome?		
5 min	Introduction	Clare Ardern, Joanne Kemp & Paul Dijkstra
20 min	What are the imaging modalities and standards for primary cam morphology and its complications in research and clinical practice?	Eugene McNally
20 min	This is how I would do serial hip MRI-scans in research on how primary cam morphology develops	Ara Kassarjian
20 min	Should the imaging core outcomes for primary cam morphology **research** be different to that used when managing FAI syndrome in **clinical practice**?	Antony Palmer
10 min	A parent's perspective: "Will I allow my athlete-child to participate in a research project involving regular scanning?"	Andrea Mosler
15 min	Discussion: implications for primary cam morphology research	With Bruce Forster and Scott Fernquest

WEBINAR 3: What causes primary cam morphology and FAI syndrome? (1.5 hours)

Faculty: Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Siôn Glyn-Jones, Josh Heerey, Pim van Klij Objectives Following this session participants will be able to: 1. Describe the possible causes of primary cam morphology 2. List the risk factors for primary cam morphology 3. Discuss the causes of FAI syndrome		
What causes primary cam morphology & femoroacetabular impingement (FAI) syndrome?		
5 min	Introduction	Clare Ardern, Joanne Kemp & Paul Dijkstra
20 min	Do we know yet what causes primary cam morphology in athletes? The role of the femoral capital growth plate	Siôn Glyn-Jones
15 min	Modelling load—what is it about load in sport that might cause primary cam morphology?	Rintje Agricola
15 min	What are the possible risk factors for primary cam morphology?	Pim van Klij
20 min	What causes FAI syndrome?	Josh Heerey
15 min	Panel discussion	All

WEBINAR 4: Screening and prevention of primary cam morphology and its consequences in athletes (1.5 hours)

Faculty: Clare Ardern, Joanne Kemp, Paul Dijkstra, Rintje Agricola, Andrea Mosler, Jason Oke Objectives Following this session participants will be able to 1. Implement wise decisions on screening for primary cam morphology in athletes 2. Explain overdiagnosis and overtreatment in the context of primary cam morphology 3. Summarise the current evidence for primary cam morphology prevention		
Should we screen for cam morphology to prevent FAI syndrome?		
5 min	Introduction	Clare Ardern, Joanne Kemp & Paul Dijkstra
20 min	Screening the young and older athlete for cam morphology – why, how, who and when?	Andrea Mosler
20 min	Is overdiagnosis and overtreatment a reasonable concern when screening young athletes for primary cam morphology?	Jason Oke
20 min	Is it possible (yet) to prevent primary cam morphology in young athletes?	Rintje Agricola
25 min	Panel discussion	All

WEBINAR 5: Hip dysplasia, cam morphology and femoroacetabular impingement (FAI) syndrome – is there a link? (1.5 hours)

Faculty: Julie Jacobsen, Inger Mechlenburg, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra Objectives Following this session participants will be able to: 1. Define hip dysplasia 2. Explain the role for physiotherapy training in managing hip dysplasia 3. Describe the current evidence for dysplasia in femoroacetabular impingement and primary cam morphology 4. Develop a management plan for an athlete with hip dysplasia		
Is hip dysplasia associated with primary cam morphology and FAI syndrome?		
5 min	Introduction	Clare Ardern, Joanne Kemp & Paul Dijkstra
20 min	What is hip dysplasia and is there a role for physiotherapy training in managing the condition?	Julie Jacobsen
20 min	Hip dysplasia, cam morphology and FAI syndrome – is there a link?	Inger Mechlenburg
20 min	How do we manage hip dysplasia in the athlete? When is surgery indicated and what types of surgery should we consider?	Siôn Glyn-Jones
25 min	Panel discussion	All

WEBINAR 6: What are the consequences of primary cam morphology? (1.5 hours)

Faculty: Andrea Mosler, Josh Heerey, Siôn Glyn-Jones, Rintje Agricola, Clare Ardern, Joanne Kemp, Paul Dijkstra Objectives Following this session participants will be able to: 1. Explain the possible consequences of primary cam morphology 2. Describe the relationship between primary cam morphology, hip pain, and early osteoarthritis 3. Discuss primary cam morphology in athletes as a risk factor for hip osteoarthritis 4. Design a patient information leaflet to help patients/athletes to understand their risk of developing osteoarthritis associated with different sizes of primary cam morphology		
Consequences of primary cam morphology in the athlete		
5 min	Introduction	Clare Ardern, Joanne Kemp & Paul Dijkstra
15 min	Will athletes with primary cam morphology develop groin pain?	Andrea Mosler
15 min	What is the relationship between primary cam morphology, hip pain and early OA?	Josh Heerey
15 min	Who will develop osteoarthritis?	Siôn Glyn-Jones
15 min	Can we prevent athletes with large primary cam morphologies from developing osteoarthritis?	Rintje Agricola
25 min	Panel discussion	All

WEBINAR 7: Treatment and prognosis of primary cam morphology and femoroacetabular impingement in young athletes (2 hours)

Faculty: Joanne Kemp, Mo Gimpel, Per Hölmich, Siôn Glyn-Jones, Marc Philippon, Clare Ardern, Paul Dijkstra

Objectives

Following this session participants will be able to:

1. Construct an effective physiotherapy program for athletes with FAI syndrome and primary cam morphology
2. Explain the indications for surgery in athletes with FAI syndrome and primary cam morphology
3. Create a wise treatment plan for the athlete with asymptomatic primary cam morphology or FAI syndrome and primary cam morphology
4. Summarise the current evidence for physiotherapy vs hip arthroscopy when managing athletes with FAI syndrome

Treatment and Prognosis of primary cam morphology and FAI syndrome in athletes		
5 min	Introduction	Clare Ardern & Paul Dijkstra
20 min	What is best practice physiotherapy for the athlete with primary cam morphology and early FAI syndrome?	Joanne Kemp
20 min	Clinical pearls in managing early primary cam morphology – the Southampton Football Club experience	Mo Gimpel
20 min	What are the indications for surgery for the athlete with primary cam morphology and early FAI syndrome?	Per Hölmich
20 min	Physiotherapy vs hip arthroscopy for athletes with FAI syndrome – current evidence	Siôn Glyn-Jones
20 min	What are the best surgical options for the athlete with debilitating FAI syndrome?	Marc Philippon
15 min	Panel Discussion	All

WEBINAR 8: Young Athlete's Hip Research (YAHiR) Collaboration (2 hours)

Faculty: Sean Mc Auliffe, Paul Dijkstra, Femi Ayeni, Antony Palmer, Scott Fernquest, Sheree Bekker, Lauren Pierpoint, Clare Ardern Objectives Following this session participants will be able to: 1. Apply a framework for high quality clinical research 2. List the factors contributing to complexity in research 3. Discuss the importance of hip research collaboration		
High quality research and collaboration		
10 min	Introduction	Clare Ardern & Paul Dijkstra
15 min	What is high quality research? Stakeholder perspectives on factors contributing to high quality research on how primary cam morphology develops in athletes - a qualitative interview study	Sean Mc Auliffe & Paul Dijkstra
15 min	Planning collaborative research on primary cam morphology formation – top tips.	Femi Ayeni
20 min	Lessons from the FAIM study	Antony Palmer & Scott Fernquest
15 min	Why is clinical research so complex?	Sheree Bekker
15 min	Why is it important to collaborate and share data in hip research?	Lauren Pierpoint
30 min	Panel Discussion	All

WEBINAR 9: Involving patients and the public in developing, performing, and reporting research and education on FAI syndrome and primary cam morphology (1.5 hours)

Faculty: Amy Price, Dawn Richards, Lindsey Plass, Rich Willy, Andrea Mosler, Clare Ardern, Joanne Kemp, Paul Dijkstra Objectives Following this session participants will be able to: 1. Describe patient and public involvement (PPI) in planning, performing, and reporting research 2. Develop a PPI plan for research on primary cam morphology and FAI syndrome 3. Summarise a parent's perspective on the risk of their child developing primary cam morphology in adolescent sport 4. Consider the importance of the patient's voice when discussing FAI syndrome treatment options		
Patient and public involvement in research and education		
5 min	Introduction	Clare Ardern, Jo Kemp & Paul Dijkstra
20 min	Patient and public involvement (PPI) in research – what is it and why is this so important? Essential components of a plan for PPI in research	Amy Price and Dawn Richards
15 min	Thriving with FAI syndrome	Lindsey Plass
15 min	Involving patients in developing patient reported outcome measures in hip research/How can we make research more inclusive?	Rich Willy
5 min	A parent's perspective: my child is a young competitive football player at risk of developing primary cam morphology - should I worry?	Andrea Mosler
30 min	Research and Collaboration Panel Discussion	All with Dawn Richards

WEBINAR 10: Sharing results of the YAHiR Collaboration's Delphi exercise on primary cam morphology terminology, definitions, and imaging outcome measures (1.5 hours)

Faculty: Clare Ardern, Paul Dijkstra, Eugene McNally, Siôn Glyn-Jones, Joanne Kemp Objectives Following this session participants will be able to: 1. Apply a standard taxonomy, terminology, and definition for primary cam morphology and femoroacetabular syndrome 2. Discuss the consensus on imaging outcomes for studies on how primary cam morphology develops 3. Consider the benefits to stakeholders of applying consistent terminology and definitions for primary cam morphology		
10 min	Introduction – Delphi study on primary cam morphology	Joanne Kemp, Clare Ardern and Paul Dijkstra
15 min	Consensus definition for primary cam morphology – results of the Delphi study	Paul Dijkstra
15 min	Consensus taxonomy and terminology for primary cam morphology and femoroacetabular impingement syndrome	Clare Ardern
20 min	Consensus on imaging outcomes for studies on how primary cam morphology develops	Eugene McNally
30 min	Research and Collaboration Panel Discussion	All with Siôn Glyn-Jones

WEBINAR 11: Young Athlete's Hip Research Collaboration: Prioritising rigorous, inclusive, and evidence-based research on conditions affecting the young person's hip (focussing on primary cam morphology and its consequences in athletes) (2.5 hours)

Faculty: Mike Clarke, Andrea Mosler, Stephanie Kliethermes, Trisha Greenhalgh, Karim Khan, Siôn Glyn-Jones, Clare Ardern, Joanne Kemp, Paul Dijkstra Objectives Following this session participants will be able to: 1. Summarise the key elements of study design to investigate how primary cam morphology develops 2. Review measures to avoid selection bias in research on how primary cam morphology develops 3. Discuss examples of high-quality research on how primary cam morphology develops (focussing on how to define, measure and report risk factors) 4. Discuss some of the important questions only qualitative research can answer		
10 min	Introduction	Clare Ardern, Joanne Kemp and Paul Dijkstra
15 min	What are the best populations to investigate how primary cam morphology develops? (Including top 5 tips to avoid selection bias)	Andrea Mosler
15 min	What is an Individual Participant Data (IPD) Meta-analysis?	Mike Clarke
20 min	Cohort study planning, conducting and data sharing for future IPD meta-analyses – is it possible?	Stephanie Kliethermes
25 min	We should go beyond numbers and meta-analyses; there are important questions that only qualitative research can answer	Trisha Greenhalgh
5 min	Short break	
20 min	Summary of the Delphi exercise to agree on a prioritised research agenda for conditions affecting the young person's hip	Paul Dijkstra
40 min	Research and Collaboration Panel Discussion	All with Karim Khan and Siôn Glyn-Jones