

Early intervention in hip surgery




Date: 11 November 2024

**Venue: Grand Hotel Gosforth
Park, Newcastle**

CPD: 8 credits (applied for)

Early intervention in hip surgery

 11 November 2024

 Location: Grand Hotel
Gosforth Park, Newcastle

Educational aims and objectives

This meeting will provide core information on hip pathology in young adults, covering the current approaches to diagnosis and management. As well as providing a comprehensive review of the current state of non-operative treatment and hip joint preservation surgery, the meeting will also cover the challenges associated with total hip replacement performed in a young population and specific issues relating to reconstruction in complex deformities including developmental dysplasia, Perthes disease and slipped upper femoral epiphysis.

This meeting is aimed at consultant orthopaedic surgeons and registrars, sports and exercise medicine consultants and registrars, GP's and physiotherapists.

Meeting convenors:

Mr Ajay Malviya

Consultant Orthopaedic Surgeon

Northumbria Healthcare NHS Foundation Trust

Mr Johan Witt

Consultant Orthopaedic Surgeon

University College London Hospital NHS
Foundation Trust

Registration fees

Fees: £40

Click here to register:

<https://bit.ly/EIHS>

We are most grateful for the support of our sponsors



Programme

08:00	Registration and refreshments
08:25	Introduction and welcome Mr Ajay Malviya, Consultant Orthopaedic Surgeon, Northumbria Healthcare NHS Foundation Trust Mr Johan Witt, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
08:30	Anatomy of the hip joint – layered concept Mr Tom Pollard, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
08:40	Clinical assessment in the young patient – pearls in history and key clinical examination Mr Alastair Dick, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
08:50	Looking at radiographs in the young patient – a hip preservation surgeon’s perspective Mr Marcus Bankes, Consultant Orthopaedic Surgeon, London
09:00	ESSKA consensus on management of hip and groin pain in physically active adults Mr Vikas Khanduja, Consultant Orthopaedic Surgeon, Addenbrooke’s Hospital
09:10	Discussion
FAI / DYSPLASIA	
09:20	FAI – an orthopaedic surgeon’s perspective Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
09:30	FAI – evolving evidence (VIRTUAL PRESENTATION) Professor Femi Ayeni, Consultant Orthopaedic Surgeon, Hamilton Health Sciences, Canada
09:45	Technical factors in getting good outcomes in FAI surgery (VIRTUAL PRESENTATION) Professor Michael H Dienst, Consultant Orthopaedic Surgeon, OCM, Munich, Germany
10:00	Dysplasia – an orthopaedic surgeon’s perspective Mr Johan Witt, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
10:10	Complex impingement morphologies: acetabular retroversion, femoral, tibial torsion Mr Callum McBryde, Consultant Orthopaedic Surgeon, Royal Orthopaedic Hospital NHS Foundation Trust
10:20	Discussion
10:35	Refreshments

11:05 **How do I rehab patients with hip dysplasia and FAI**
Mr Benoy Mathew, Extended Scope Practitioner - MSK Specialist Physiotherapist,
West London NHS Trust

11:15 **Outcomes of physiotherapy for hip dysplasia and FAI**
Mr Barry Davison, Senior Specialist Physiotherapist, Northumbria Healthcare NHS
Foundation Trust

11:25 **Pain catastrophisation – what does it mean for the clinician?**
Dr Lorelle Dismore, Research Associate and Health Psychologist, Northumbria
Healthcare NHS Foundation Trust

11:35 **What is chronic pain – do we address pain or morphology?**
Mr Sanjay Varma, Consultant in Pain Management, Sunderland Royal Hospital

11:45 **Hypermobility – a special group**
Mr Vadivelu Saravanan, Consultant Rheumatologist, QE Hospital, Gateshead

12:05 Discussion

12:15 **Lunch**

13:15 **Deep gluteal pain – Assessment and management**
Mr Vikas Khanduja, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital

13:25 **Trochanteric pain syndrome – Assessment and management**
Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS
Foundation Trust

13:35 **Adductor/ groin pain – assessment and management**
Professor Aali Sheen, Consultant Hernia and Groin Surgeon, Manchester University
NHS Foundation Trust

13:45 Discussion

14:00 **WORKSHOPS**

Hip arthroscopy simulator

Mr Christian Smith,
Consultant Orthopaedic Surgeon,
Guy's and St Thomas' NHS Foundation Trust

Mr Sunil Kumar,
Consultant Orthopaedic Surgeon,
Addenbrooke's Hospital

Physiotherapy session

14:00 How to rehab patients with hamstring injuries
Mr Barry Davidson, Senior Specialist
Physiotherapist, Northumbria Healthcare NHS
Foundation Trust

14:20 How to rehab patients with adductor
Ms Anna Higo, Physiotherapist, Physiocure

14:40 How to rehab patients with GTPS
Mr Benoy Mathew, Extended Scope Practitioner - MSK
Specialist Physiotherapist, West London NHS Trust

15:00	Refreshments
CASE PRESENTATIONS: HOW MUCH OA IS TOO MUCH?	
15:30	FAI Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
15:45	Dysplasia Mr Christian Smith, Consultant Orthopaedic Surgeon Guy's and St Thomas' NHS Foundation Trust
16:00	Borderline dysplasia Mr Alastair Dick, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
16:15	Rotational malalignment Mr Tom Pollard, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
16:30	Rehabilitation – not all scopes are the same – not all patients are created equal Miss Dora Papadopoulou, Consultant in Sport & Exercise Medicine & Consultant Orthopaedic Surgeon, Head Hip & Groin section, Defence Medical Rehab Centre
16:45	Failed hip arthroscopy – investigation and management Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
16:55	Early OA in the hip – role of chondral grafting Mr Callum McBryde, Consultant Orthopaedic Surgeon, Royal Orthopaedic Hospital NHS Trust
17:05	Patient reported outcomes – how to make data collection easier? Ms Anji Kingman, Clinical Outcomes Manager, Northumbria Healthcare NHS Foundation Trust
17:15	Discussion
17:20	Summary and key learning points Faculty
17:30	Close

