

Early Intervention in Hip Surgery Meeting



Date: 11 November 2024

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

CPD: 8 credits applied for

Early Intervention in Hip Surgery Meeting

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Location: Grand Hotel Gosforth Park, Newcastle

Registration fee

Fee: £40.00

Click here to register: <https://tinyurl.com/2s4xnavr>

Course 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

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 Orthopaedic trainees, GP's, Physios & Sports and Exercise Medicine Trainees

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	Further imaging – my go to investigations after looking at the radiographs Mr Vikas Khanduja, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
09:10	Discussion
09:20	FAI/Dysplasia FAI – an orthopaedic surgeon's perspective Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
09:30	FAI – evolving evidence Professor Femi Ayeni, Consultant Orthopaedic Surgeon, Hamilton Health Sciences, Canada (joining virtually)
09:45	Technical factors in getting good outcomes in FAI surgery Professor Michael H. Dienst., Consultant Orthopaedic Surgeon, OCM, Munich, Germany, (joining virtually)
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		
11:55	Hyperlaxity – management goals during rehab Ms Anna Higo, Physiotherapist, Physiocure		
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 Mr Tom Pollard, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust		
13:45	Discussion		
14:00	Workshops (breakout sessions)		
	<table border="0"> <tr> <td>Hip arthroscopy simulator Mr Christian Smith, Consultant Orthopaedic Surgeon Guy’s and St Thomas’ NHS Foundation Trust and Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke’s Hospital</td> <td>Physiotherapists How to rehab patients with Hamstring injuries How to rehab patients with Adductor, Ms Anna Higo, Physiotherapist, Physiocure How to rehab patients with GTPS, Mr Barry Davison, Senior Specialist Physiotherapist, Northumbria Healthcare NHS Foundation Trust</td> </tr> </table>	Hip arthroscopy simulator Mr Christian Smith, Consultant Orthopaedic Surgeon Guy’s and St Thomas’ NHS Foundation Trust and Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke’s Hospital	Physiotherapists How to rehab patients with Hamstring injuries How to rehab patients with Adductor , Ms Anna Higo, Physiotherapist, Physiocure How to rehab patients with GTPS , Mr Barry Davison, Senior Specialist Physiotherapist, Northumbria Healthcare NHS Foundation Trust
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	Case presentations
	How much OA is too much OA?
15:00	FAI Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke’s Hospital
15:15	Dysplasia Mr Christian Smith, Consultant Orthopaedic Surgeon Guy’s and St Thomas’ NHS Foundation Trust
15:30	Borderline dysplasia Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke’s Hospital
15:45	Rotational malalignment Mr Christian Smith, Consultant Orthopaedic Surgeon Guy’s and St Thomas’ NHS Foundation Trust
16:00	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
16:10	Failed hip arthroscopy – investigation and management Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
16:20	Early OA in the hip – Role of chondral grafting Mr Callum McBryde, Consultant Orthopaedic Surgeon, Royal Orthopaedic Hospital NHS Trust
16:30	Patient reported outcomes – how to make data collection easier? Ms Anji Kingman, Clinical Outcomes Manager, Northumbria Healthcare NHS Foundation Trust
16:40	Discussion
16:45	Learning points (summary from the faculty)
17:00	Close