

# 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

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 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.

We are most grateful for the support of our sponsors



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## 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>

## Programme

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

<b>10:35</b>	<b>Refreshments and exhibition</b>
	REHAB AND CHRONIC PAIN      Chairs: Mr Tony Andrade and Mr Callum McBryde
<b>11:05</b>	<b>How do I rehab patients with hip dysplasia and FAI</b> Mr Benoy Mathew, Extended Scope Practitioner - MSK Specialist Physiotherapist, West London NHS Trust
<b>11:15</b>	<b>Outcomes of physiotherapy for hip dysplasia and FAI</b> Mr Barry Davison, Senior Specialist Physiotherapist, Northumbria Healthcare NHS Foundation Trust
<b>11:25</b>	<b>Pain catastrophisation – what does it mean for the clinician?</b> Dr Lorelle Dismore, Research Associate and Health Psychologist, Northumbria Healthcare NHS Foundation Trust
<b>11:35</b>	<b>What is chronic pain – do we address pain or morphology?</b> Mr Sanjay Varma, Consultant in Pain Management, Sunderland Royal Hospital
<b>11:45</b>	<b>Hypermobility – a special group</b> Mr Vadivelu Saravanan, Consultant Rheumatologist, QE Hospital, Gateshead
<b>12:05</b>	Discussion
<b>12:15</b>	<b>Lunch and exhibition</b>
	SOFT TISSUE PATHOLOGIES      Chairs: Mr Alastair Dick and Miss Dora Papadopoulou
<b>13:15</b>	<b>Deep gluteal pain – Assessment and management</b> Mr Vikas Khanduja, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
<b>13:25</b>	<b>Trochanteric pain syndrome – Assessment and management</b> Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
<b>13:35</b>	<b>Adductor/ groin pain – assessment and management</b> Professor Aali Sheen, Consultant Hernia and Groin Surgeon, Manchester University NHS Foundation Trust
<b>13:45</b>	Discussion
<b>14:00</b>	<b>WORKSHOPS</b>

#### 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 Adductor tendinopathy

Mr Michael Murphy, ESP – Lower Limb Physiotherapist,  
The Robert Jones and Agnes Hunt Orthopaedic Hospital

##### 14:40 How to rehab patients with GTPS

Ms Kelly Bainbridge, ESP Physiotherapist,  
South Tees NHS Trust

<b>15:00</b>	<b>Refreshments and exhibition</b>
	<b>CASE PRESENTATIONS</b> Moderator: Mr Ajay Malviya Panellists: Mr Tony Andrade, Mr Marcus Bankes, Mr Vikas Khanduja, Mr Callum McBryde, Miss Dora Papadopoulou, Mr Johan Witt
<b>15:30</b>	<b>FAI</b> Mr Sunil Kumar, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
<b>15:45</b>	<b>Dysplasia</b> Mr Christian Smith, Consultant Orthopaedic Surgeon Guy's and St Thomas' NHS Foundation Trust
<b>16:00</b>	<b>Borderline dysplasia</b> Mr Alastair Dick, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
	<b>OUTCOMES AND PERSISTENT PAIN</b> Chairs: Mr Marcus Bankes and Mr Vikas Khanduja
<b>16:15</b>	<b>Rehabilitation – not all scopes are the same – not all patients are created equal</b> Miss Dora Papadopoulou, Consultant in Sport & Exercise Medicine & Consultant Orthopaedic Surgeon, Head Hip & Groin section, Defence Medical Rehab Centre
<b>16:30</b>	<b>Failed hip arthroscopy – investigation and management</b> Mr Tony Andrade, Consultant Orthopaedic Surgeon, Royal Berkshire NHS Foundation Trust
<b>16:40</b>	<b>Early OA in the hip – role of chondral grafting</b> Mr Callum McBryde, Consultant Orthopaedic Surgeon, Royal Orthopaedic Hospital NHS Trust
<b>16:50</b>	<b>Patient reported outcomes – how to make data collection easier?</b> Ms Anji Kingman, Clinical Outcomes Manager, Northumbria Healthcare NHS Foundation Trust
<b>17:00</b>	<b>Discussion</b>
<b>17:10</b>	<b>Summary and key learning points</b> Mr Ajay Malviya, Consultant Orthopaedic Surgeon, Northumbria Healthcare NHS Foundation Trust Mr Johan Witt, Consultant Orthopaedic Surgeon, University College London Hospital NHS Foundation Trust
<b>17:20</b>	<b>Close</b>

