



5 - 7 OCTOBER 2023  
CAPE TOWN, SOUTH AFRICA



**ISHA**  
The Hip Preservation Society

We thank the South Africa  
National Convention Bureau  
Bid Support Programme  
(BSP) for their support of  
ISHA 2023



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# ISHA 2023

Annual Scientific Meeting

Cape Town, South Africa 5 - 7 October 2023

## Call for Papers

Submission Deadline 16 April 2023



### Local Host Chair

Dr Chuck Cakic, Johannesburg, South Africa

### Programme Chair

Mr Parminder Singh, Melbourne, Australia

## Key Facts

### Date

5-7 October 2023; pre-conference programme 4 October 2023

### Web

www.ishasoc.net

### Venue

Cape Town International Convention Centre  
Convention Square,  
Lower Long Street,  
Cape Town, 8001, South Africa  
www.cticc.co.za

### Organising Office

ISHA Executive Office  
E: info@ishaconference.com  
T: +44 (0)203 519 9427

## About the ISHA Annual Scientific Meeting

The Annual Scientific Meeting (ASM) is the flagship event of ISHA - The Hip Preservation Society, bringing together worldwide arthroscopic and open hip surgeons, hip preservationists, sports physicians and rehabilitation professionals to share the latest knowledge and experience in the field of hip preservation surgery, sports injury and rehabilitation.

## ISHA 2023 Awards

### ISHA Trainee Awards

Two trainee awards are being offered at the 2023 ISHA Annual Scientific Meeting - the ISHA Trainee Basic Research Award and the Richard Villar Trainee Excellence in Clinical Research Award.

### ISHA Physiotherapist Awards

Applicants should be qualified physiotherapists. Submissions accepted for either oral or EPoster presentation will qualify for award consideration.

Further information on qualifying criteria and the application process can be found at on the meeting website.

## Scientific Information

### Abstract Submission

ISHA 2023 welcomes submission of abstracts for original contribution to the field of hip arthroscopy and hip preservation surgery, and pre- and post-operative rehabilitation.

**Submitted abstracts can be considered for presentation in one of the following formats:**

- Free paper oral - long, short or rapid fire
- EPoster
- New Research Video Presentation
- Tips & Tricks Video (not necessarily new research)

Submitters may indicate a preferred presentation format, however the Scientific Programme Committee will as part of the review determine the final format offered.

**Note: All presenting authors are required to register to attend the meeting.**

## Programme Topics

The Scientific Programme will be structured around the 7 Olympic Rings to represent the 7 continents, united by scientific education. The topics will be framed around 7 core topics:

1. Patient Assessment and Pre-operative Planning
2. Role of Biologics in Hip Preservation
3. Patient Education
4. Artificial Intelligence, Virtual Reality, Augmented Reality
5. Arthroscopic Surgery
6. Open Hip Surgery
7. Nutrition, Well-being and Rehabilitation of the Elite Athlete and Others

## CME Accreditation

ISHA 2023 will be submitted for accreditation to UEMS (European Union of Medical Specialists) for European CME credits by the European Accreditation Council for Continuing Medical Education (EACCME).





## Registration

Please register online from 1 March 2023. Reduced rates are available when payment is effected before 30 July 2023.

### The registration fee for the Meeting will include:

- attendance at scientific sessions
- interactive course lectures
- digital materials
- lunchtime workshops
- delegate badge
- access to the technical exhibits
- refreshment breaks
- lunches on 2 days
- welcome reception

## Accommodation

A hotel booking service is provided by **Walthers DMC**. Preferential rates have been secured for attendees at a number of preferred hotels across different price points. A booking link is available via the meeting website.

## Registration Fees

Delegates can register to attend one or more of the following Programme elements:

- **Main Annual Scientific Meeting - 5-7 Oct 2023**
- **Pre-Conference "Africa Day" Programme - 4 Oct 2023**
- **Physiotherapy & Return to Sport Education Day - 7 Oct 2023**

Special rates are available for trainees/fellows/residents, physiotherapists/allied health professionals, non-surgical sports physicians and those that take the ISHA membership package along with registration. For more details on registration fees and categories, please see the meeting website.

**Travel bursaries will be available on application for delegates from the African continent**



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## Pre-Conference "Africa Day" Programme - 4 October 2023

The "Africa Day" Programme will focus on the specific issues faced by hip preservation and hip injury physicians on the African continent. It will bring together stakeholders, physicians and industry to identify and address specific challenges encountered across the region.

Arthroscopic surgeons, orthopaedic trainees and residents with an interest in the hip, elite athlete physicians and general sports physicians with an interest in the treatment and management of hip injury and preservation of the hip are all invited and encouraged to come along and express their views in what we hope will be a very productive session.

### Principal aims:

- facilitate discussion between medics and industry representatives on the challenges of education, training and adoption of hip preservation on the African continent
- educate through international experience sharing and insights from hip preservation pioneers from around the world

Attendance at the "Africa Day" programme is free of charge for delegates from African countries but pre-registration is essential

## Physiotherapy & Return to Sport Education Day - 7 October 2023

### Themes:

### The Seven Key "Rings" of Global Hip Management

- 1) Patho-anatomical considerations
- 2) Evaluation
- 3) Diagnostic imaging
- 4) Physiotherapy
- 5) Other non-surgical treatment
- 6) Surgery
- 7) Post-surgical management

The ISHA 2023 Physiotherapy and Return to Sport Education Day represents a fantastic opportunity for physical therapists, sports rehab clinicians and conditioning specialists from around the globe to come together to learn about and discuss the latest issues, approaches and experiences in global hip management.

### Provisional Programme Elements include:

- Anterior Hip Pathology
- Lateral Hip Pathology
- Posterior Hip Pathology
- Intra-articular Hip Pathology

Considerations in DDH Rehab