



5 - 7 OCTOBER 2023
CAPE TOWN, SOUTH AFRICA



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ISHA 2023

Post-Conference Physiotherapy Programme
“Around the Hip World”: The Seven Key Rings of
Global Hip Management
Cape Town, South Africa 7 October 2023

PROGRAMME



ISHA
The Hip Preservation Society

Saturday 7th October

Room 2.6, CTICC 1

“Around The Hip World”: The Seven Key Rings Of Global Hip Management

08:00 - 08:10 Welcome and Introduction
"Around the Hip World"
Highlighting the 7 Key Rings of Global Hip Management

Parm Singh (AUS) /
Chuck Cakic (SA) /
RobRoy Martin (USA) /
Ashley Campbell (USA)

08:10 - 09:55 The Central Hip/Intra-articular
Session Moderator: Kate Martin (USA)

08:10 - 08:20 Microinstability - A Historical Perspective Marc Safran (USA)

08:20 - 08:25 Case Introduction Jessica Lee (USA)

08:25 - 08:35 Anatomy and biomechanics associated with intra-articular hip pain Jessica Lee (USA)

08:35 - 08:45 Physical Exam - Key predictors of success for physiotherapy Kate Martin (USA)

08:45 - 08:50 Physiotherapy: Pearls and Perils Kate Martin (USA)

08:50 - 09:00 Key Imaging Considerations Matthew Kraeutler (USA)

09:00 - 09:10 Arthroscopic management Omer Mei-Dan (USA)

09:10 - 09:20 Failed arthroscopic surgery - what's next? Omer Mei-Dan (USA)

09:20 - 09:35 Post-surgical management Natalie Markland (USA)

09:35 - 09:45 PROs in Hip rehabilitation Robert Manske (USA)

09:45 - 09:55 Panel Discussion and wrap-up All

09:55 - 10:10 Refreshment Break

10:10 - 11:25 The Posterior Hip
Session Moderator: RobRoy Martin (USA)

10:10 - 10:20 Buttock pain - what's back there and how do we differentiate? RobRoy Martin (USA)

10:20 - 10:30 Hip Spine Syndrome - Key Rehab considerations David Kohlireser (USA)

10:30 - 10:40 Indications for surgical management in posterior hip pain - when to consult our physicians Ashley Campbell (USA)

10:40 - 10:50 Biomechanical considerations for surgical interventions in posterior hip pathology Bertus Gericke (SA)

10:50 - 11:00	Rehabilitation following hamstring repair	Keelan Enseki (USA)
11:00 - 11:25	Case example and Q&A	All
11:25 - 11:30	5 min cushion to get to PL5	
11:30 - 12:30	Physios to attend PL5 in main programme on surgical and non-op management of FAI and Hip Dysplasia	
12:30 - 13:00	Break/Attend Welcome to ISHA 2024 and then pick up lunch and return to Physio Programme	
13:00 - 14:20	The Lateral Hip Session Moderator: Ashley Campbell (USA)	
13:00 - 13:10	Review ISHA Consensus - It's not just the Bursa	Keelan Enseki (USA)
13:10 - 13:20	Utilization of US in lateral hip pain evaluation	Robert Manske (USA)
13:20 - 13:30	Innovation in the conservative treatment of lateral hip pain - what's between steroids and surgery?	John O'Donnell (AUS)
13:30 - 13:40	Surgical Repair - Abductor tears	Jovan Laskovski (USA)
13:40 - 13:50	Rehab following abductor repair	David Kohrieser (USA)
13:50 - 14:20	Case example and Q&A	All
14:20 - 14:30	Refreshment Break	
14:30 - 16:00	The Anterior Hip Session Moderator: Liran Lifshitz (ISR)	
14:30 - 14:35	Case Introduction	Liran Lifshitz (ISR)
14:35 - 14:45	Differentiating sources of extra-articular anterior hip pain: An anatomical perspective	Timothy Tyler (USA)
14:45 - 14:55	Physical Exam - Take home points for a physio	Liran Lifshitz (ISR)
14:55 - 15:05	Physiotherapy: Pearls and Perils	Liran Lifshitz (ISR)
15:05 - 15:15	Physiotherapy: Manual Therapy	Noga Gal (ISR)
15:15 - 15:25	Imaging and non surgical management	Gregory Galano (USA)
15:25 - 15:35	Surgical considerations	Gregory Galano (USA)
15:35 - 15:45	Post-surgical management	Timothy Tyler (USA)
15:45 - 16:00	Panel Discussion and wrap-up	All

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Membership Benefits include:

- Membership of the premier hip preservation society
- Designated category for physios and non-surgical sports clinicians (Affiliate)
- Chance to network with colleagues in the rehab and surgical spheres
- Access to world-leading virtual education around the hip
- Dedicated Physiotherapy Committee
- A listing on the “Find a Physio” feature on ishasoc.net
- ISHA Newsletter subscription
- Benefits with ISHA partner societies
- Membership logo and certificate



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17 - 19 OCTOBER 2024
WASHINGTON DC, USA

Abstract
Submission
Open
1 January 2024

ISHA 2024

Annual Scientific Meeting
Washington DC, USA
17 - 19 October 2024

SAVE THE DATE



Host Chair Dr Andrew B. Wolff
Programme Chair Dr Thomas H. Wuerz



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