



13 - 15 OCTOBER, 2022
GLASGOW, UK



www.ishasoc.net

ISHA 2022

Physiotherapy and Return To Sport
Education Day and Practical Skills Workshop
Glasgow, UK 12 and 15 October 2022

PROGRAMME



ISHA

The Hip Preservation Society

We thank the following organisations for their support of the ISHA 2022
Physiotherapy and Return To Sport Programme



Wednesday 12 October

Return to Sport

Pre-Conference Education Day Programme

07:30 - 07:40	Welcome & Introduction	Mike Voight (USA) / Amir Takla (AUS)	10:08 - 10:30	Panel Q&A: Suggestions for success	
07:40 - 07:45	Special video welcome	Louise Grant (UK)	10:30 - 10:50	Break and visit the exhibits	
07:45 - 08:45	Assessment of the hip - where are we in 2022?		10:50 - 12:00	Extra-articular pathology of the hip: core muscle injury	
Session moderator: Mike Voight (USA)			Session moderator: Tim Tyler (USA)		
07:45 - 07:52	Know your anatomy - the layered approach to assessment	Mike Voight (USA)	10:50 - 11:04	Core muscle injury - the sports hernia - what is it?	Mike Voight (USA)
07:52 - 07:59	Assessment of the hip - differential diagnosis: pearls for making the right diagnosis	John Christoforetti (USA)	11:04 - 11:11	Hip impingement vs core muscle injury: are they linked?	John Christoforetti (USA)
07:59 - 08:06	Imaging of the hip - what is the best choice today and what's in the future?	Vikas Khanduja (UK)	11:11 - 11:18	Hip impingement vs core muscle injury: an algorithmic approach to differentiate	Ryan McGovern (USA)
08:06 - 08:13	Global assessment of the hip: an ISHA algorithm	Amir Takla (AUS) / Robroy Martin (USA)	11:18 - 11:25	Core muscle injury - post-operative rehab through return to play	Mario Bizzini (ITA)
08:13 - 08:20	PRO's: Which is the best and what should we use?	Robroy Martin (USA)	11:25 - 11:45	Panel Q&A: Suggestions for success	Tim Tyler (USA) / Mike Voight (USA)
08:20 - 08:27	Experience matters - becoming a good patient selector is a skill	JW Thomas Byrd (USA)	11:45 - 12:00	Keynote: Presidential Address	Allston Stubbs (USA)
08:27 - 08:34	When to throw in the towel & refer to the surgeon - 7 tips & tricks	Marc Safran (USA)	12:00 - 13:00 Lunch		
08:34 - 08:45	Panel Q&A: Making the right diagnosis		13:00 - 14:05 Extra-articular pathology of the hip: greater trochanteric hip pain		
08:45 - 10:30	Intra-articular pathology of the hip: when the problem is in the joint - FAI		Session moderator: Keelan Enseki (USA)		
Session moderator: Amir Takla (AUS)			13:00 - 13:10	Lateral hip pain: what is it and how do I make a differential diagnosis?	Richard Field (UK)
08:45 - 08:52	FAI: What is it and how do you know it is present?	Marc Safran (USA)	13:10 - 13:17	Conservative management of GTPS - 5 keys for success	Victoria Smith (UK)
08:52 - 08:59	Management of FAI in 2022 - what's new? FAIT Trial: Surgery vs Rehab	Tony Andrade (UK)	13:17 - 13:24	The use of biologics in the management of GTPS	John O'Donnell (AUS)
08:59 - 09:06	FAI pathology - what is the origin?	Mario Bizzini (ITA)	13:24 - 13:31	Rehabilitation following the use of biologics - what are the keys?	Amir Takla (AUS)
09:06 - 09:13	What I have learned over the years dealing with FAI - why rehab is important	Marc Philippon (USA)	13:31 - 13:41	Gluteus medius repair - how I do it	JW Thomas Byrd (USA)
09:13 - 09:23	Hip instability - how do I manage the patient with microinstability?	Marc Safran (USA)	13:41 - 13:48	Rehab for the gluteal group of the muscles - research into the clinic	Liran Lifschitz (ISR)
09:23 - 09:33	The role of the ligamentum teres - what is it and what do I do?	John O'Donnell (AUS)	13:48 - 13:55	Lateral hip pain - ISHA consensus document update	Ashley Disantis (USA)
09:33 - 09:40	Deep hip muscle function - the key to intra-articular rehab	Amir Takla (AUS)	13:55 - 14:05	Panel Q&A: Suggestions for success	Keelan Enseki (USA)
09:40 - 09:47	"Active and multidimensional rehabilitation" compared to "FASHIoN personalised hip therapy" for FAI syndrome: treatment: a randomized controlled trial	TBC	14:05 - 15:45 Extra-articular pathology of the hip: posterior hip pain		
09:47 - 09:54	Management strategies for the hypomobile hip - motion loss	Lucie Gosling (UK)	Session moderator: Robroy Martin (USA)		
09:54 - 10:01	Nonarthritic hip pain - clinical practice guidelines - what does the evidence say?	Keelan Enseki (USA)	14:05 - 14:15	Assessment and differential diagnosis of posterior hip pain - keys to success	Hal Martin (USA)
10:01 - 10:08	OA of the hip - what is the best approach?	Alison Smeatham (UK)			

14:15 - 14:22	Ishiofemoral impingement - what is it and how do I deal with it?	Robroy Martin (USA) / David Kohlrieser (USA)	16:07 - 16:14	Hip dysplasia: what do we really know about the natural history and prognosis?	Michael Dienst (GER)
14:22 - 14:29	Ishiofemoral impingement - is there a connection between the hip and spine?	Hal Martin (USA)	16:14 - 16:21	Hip dysplasia: rehabilitation considerations	Holly Soper-Doyle (UK)
14:29 - 14:36	Return to sport after hip arthroscopy - the Polish experience	Dominika Chrusciewska (POL)	16:21 - 16:28	Conservative management in the treatment of dysplasia	Ashley Disantis (USA)
14:36 - 14:41	Non-operative management of posterior hip pain	Katie Monnington (UK)	16:28 - 16:35	Treating the complex patient - considerations following PAO surgery (ISHA consensus)	Dave Kohlrieser (USA)
14:41 - 14:48	Surgical considerations for posterior hip pain	Hal Martin (USA)	16:35 - 16:45	Panel Q&A: suggestions for success	
14:48 - 14:55	Posterior hip pain - rehab considerations	Yael Steinfeld-Mass (ISR)	16:45 - 17:30 Rehabilitation considerations about the hip		
14:55 - 15:05	The dreaded hamstring injury - mechanism of injury and can it be prevented	Tim Tyler (USA)	Session moderator: Yael Steinfeld-Mass (ISR)		
15:05 - 15:12	Biologics for mid-substance tears - are we effective?	Ryan McGovern (USA)	16:45 - 16:52	The hypermobile patient - dealing with Ehlers Danlos	Louise Grant (UK)
15:12 - 15:19	Proximal hamstring tears - surgical management	Nicolas Bonin (FRA)	16:52 - 16:59	Management strategies in dealing with the hypermobile athlete/dancer	Michelle Rodriguez (USA)
15:19 - 15:26	Hamstring muscle injury return to play guideline	Mark Ryan (USA)	16:59 - 17:06	The sporting hip - considerations in football	Alan Scott (UK)
15:26 - 15:33	Hamstrung muscle injury rehabilitation - what does the evidence say?	Robroy Martin (USA)	17:06 - 17:13	Functional testing for return to play guidelines	Ryan McGovern (USA)
15:33 - 15:45	Panel Q&A: Suggestions for success		17:13 - 17:20	Technology based movement assessment - enhancing return to play decision making	Mark Ryan (USA)
15:45 - 16:00	Break		17:20 - 17:30	Panel Q&A: suggestions for success	
16:00 - 16:45	Management considerations with dysplasia		17:30 - 17:35	ISHA 2023 - the South African Experience	Chuck Cakic (SA)
Session moderator: Dave Kohlrieser (USA)			17:35 - 17:40	Closing comments	Amir Takla (AUS)
16:00 - 16:07	Hip dysplasia: what do you need to know about the evaluation?	John Clohisy (USA)			

Saturday 15 October

Physiotherapy & Return to Sport Practical Skills Workshop Programme

11:30	Bus departs SEC for Hampden Sports Clinic	
12:00 - 13:00	Lunch provided at Hampden Sports Clinic	
13:00 - 13:30	FAIS defined - typical presentation	Keelan Enseki (USA)
13:30 - 14:00	Hip physical exam	Robroy Martin (USA)
14:00 - 14:30	Pre- and post-op practical session	Ryan McGovern (USA) / Amir Takla (AUS)
14:30 - 14:45	Pelvic floor / core	Yael Steinfeld-Mass (ISR) / Tim Tyler (USA)
14:45 - 15:30	Lateral hip pain definition, assessment and treatment	Ashley Desantis (USA)
15:30 - 15:45	Questions	
15:45 - 16:00	Break	
16:00 - 17:00	Return to sports programmes Instability PAO - ligamentous / bony Spinal manipulation and dry needling / soft tissue	Mark Ryan (USA) David Kohlrieser (USA) Amir Takla (AUS)
	Tutors	Katie Monnington (UK) Hampden Clinic Team (UK)
17:00	Bus departs Hampden Sports Clinic for return to SEC	

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Membership Benefits include:

- Membership of the premier hip preservation society
- Discounted registration fees for the ISHA Annual Scientific Meeting
- A listing in the "Find a Surgeon" feature on ishasoc.net (Ordinary Members)
- Direct access to the Arthroscopy Journal
- Direct access and publication fees at the Journal of Hip Preservation Surgery
- Links to educational events with leading hip preservation surgeons
- ISHA newsletter subscription
- Eligibility to apply for the ISHA international travelling fellowship
- Opportunity to serve on ISHA committees (Ordinary Members)
- Access to the ISHA Learning Academy
- Access to the Live and On Demand ISHA Virtual Education Programme
- Ability to submit content for inclusion in the ISHA Learning Academy (new for 2021/2022)
- Benefits with ISHA Partner Societies (new for 2021/2022)

About ISHA Academy

The **ISHA Academy** is a sophisticated and powerful online platform.

It enables ISHA members to access educational materials at any time from the comfort of home, including previous Annual Scientific Meeting content and the Virtual Education Programme of hot topic webinars and live surgeries.

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ISHA

The Hip Preservation Society

Membership Categories

Join Today

Ordinary Membership

Is open to either surgeons or physicians who have a special interest in hip arthroscopic surgery who have been in clinical practice for a minimum of two years following accreditation (or equivalent) in their field. The Membership Committee encourages applicants who have demonstrated efforts in research, publications, or clinical leadership in the field, or by the presentation of a paper to the Society. Exceptions may be made following consideration by the Executive Committee.

Associate Membership

Is open to surgeons and physicians in training. This status will be confirmed by the Executive Committee and presented to the Ordinary Membership at an AGM or EGM for their approval. Associate Members are not eligible to vote on matters concerning the Society.

Affiliate Membership

Is open to those who are not surgeons or physicians and/or who do not possess a medical qualification. Affiliate Members are not eligible to vote on matters concerning the Society.

Membership Rates

ISHA Membership is offered on an annual basis running from 1 June to 31 May the following year. Members joining part way through a membership year will be charged a pro-rated fee for the 1st year of membership.

Fees, payable in British Pounds (GBP)

Ordinary Membership	GBP £270
Associate Membership	GBP £160
Affiliate Membership (Physiotherapist)	GBP £100

Payment can be made at the time of application by credit card on the application form, or bank transfer and standing order options are available.

For More Information

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ISHA - The Hip Preservation Society

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VAT Number 411253447



5 - 7 OCTOBER 2023
CAPE TOWN, SOUTH AFRICA

Abstract and ICL
Submission
Open
1 January 2023

ISHA 2023

Annual Scientific Meeting
Cape Town, South Africa
5 - 7 October 2023

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Host Chair Dr Chuck Cakic
Programme Chair Dr Parminder Singh
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