

4th Annual Hip Preservation Program Conference: The Unstable Adolescent Hip

Overview

In collaboration with UPMC Children's Hospital of Pittsburgh, UPMC Orthopaedic Care designed this course for physicians, physician assistants, physical therapists, physical therapy assistants, and athletic trainers to better assist with the diagnosis and management of the unstable hip in adolescent patients.

Educational Objectives

Upon completion of the course, participants should be able to:

1. Apply evaluation and treatment principles to patients suffering from an unstable hip.
2. Recognize the need for multidisciplinary management of patients presenting with an unstable hip.

Target Audience

Physician, Physician Assistant, Physical Therapist, Athletic Trainer

Virtual Conference presented by:

UPMC Orthopaedic Care and UPMC Children's Hospital of Pittsburgh

Course Directors

Craig Mauro, MD

Clinical Associate Professor, Department of Orthopaedic Surgery

Associate Program Director, Orthopedic Sports Medicine Fellowship Program

Assistant Team Physician, Pittsburgh Steelers

Michael McClincy, MD

Assistant Professor, Department of Orthopaedic Surgery

Division of Pediatric Orthopaedic Surgery, UPMC Children's Hospital of Pittsburgh

Guest Speaker

Young-Jo Kim, MD, PhD, MHCM

Director, Child and Young Adult Hip Preservation Program

Boston Children's Hospital

Invited Faculty

William Anderst, PhD

Assistant Professor, Department of Orthopaedic Surgery

Director, Biodynamics Laboratory

Carol Andrews, MD

Chief, Division of Musculoskeletal Radiology

UPMC Department of Radiology

Justin Arner, MD

Clinical Assistant Professor, Department of Orthopaedic Surgery

Burke & Bradley Orthopedics – UPMC

Ron DeAngelo, MEd, LAT, FAFS

Director, Sports Performance Program, UPMC Sports Medicine

Ashley Disantis, PT, OCS

UPMC Centers for Rehab Services

Keelan Enseki, PT, MPT, ATC, MS

Director, Clinical Practice Innovation

Administrative Director, Physical Therapy Residency Programs

UPMC Centers for Rehab Services, Rooney Sports Complex

Ben Kivlan, PT, PhD, OCS, SCS

Assistant Professor, Department of Physical Therapy

Duquesne University

Daniel Lueders, MD

Assistant Professor, Department of Physical Medicine and Rehabilitation

Burke & Bradley Orthopedics – UPMC

Kentaro Onishi, DO

Assistant Professor, Department of Physical Medicine and Rehabilitation and Department of Orthopaedic Surgery

Director, PM&R Sports Medicine Fellowship Program

Leigh Skvarla, PhD

Clinical Counselor, University of Pittsburgh Student Athletes

David Spaeder, PT, DPT, OCS, SCS

Senior Physical Therapist

UPMC Centers for Rehab Services, Chapel Harbor

Program Schedule

7:45am **Welcome** - Craig Mauro and Michael McClincy

Diagnosis: Moderator – Craig Mauro

8-8:10 a.m. Pathogenesis of dysplasia and instability - Michael McClincy
8:10-8:25 a.m. Anatomy of the acetabulum and proximal femur - Justin Arner
8:25-8:35 a.m. Biomechanics of the hip - William Anderst
8:35-8:55 a.m. Physical exam of the hip - Benjamin Kivlan
8:55-9:10 a.m. Imaging of the adolescent hip - Carol Andrews
9:10-9:20 a.m. Diagnostic ultrasound of the hip - Daniel Lueders
9:20-9:35 a.m. Q&A

Non-Operative Care: Moderator – Michael McClincy

9:35-9:55 a.m. Physical therapy for the unstable hip - Keelan Enseki
9:55-10:05 a.m. Importance of functional movement - Ronald DeAngelo
10:05-10:15 a.m. Ultrasound and therapeutic injections - Kentaro Onishi
10:15-10:25 a.m. Sports psychology - Leigh Skvarla
10:25-10:40 a.m. Q&A

Operative Approaches: Moderator - Justin Arner

10:40-10:55 a.m. Periacetabular osteotomy - Young-Jo Kim
10:55-11:05 a.m. Hip arthroscopy - Craig Mauro
11:05-11:15 a.m. Borderline dysplasia: What do we do? - Michael McClincy
11:15-11:30 a.m. Q&A

Post-Operative Care: Moderator – Keelan Enseki

11:30-11:45 a.m. PAO rehabilitation – Ashley Disantis
11:45-11:55 a.m. Hip arthroscopy rehabilitation - David Spaeder
11:55-12:15 p.m. Return to sports - Ashley Disantis
12:15-12:45 p.m. Q&A

12:45 p.m. **Adjourn**

Disclaimer Statement

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Accreditation and Designation Statement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 5.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Other Healthcare Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

UPMC Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This conference is eligible for 5 Category A CEU's for Certified Athletic Trainers.

Faculty Disclosure:

All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

William Anderst, PhD

Grant/Research Support: Smith & Nephew; Paragon28

Consultant: Facebook Technologies

Keelan Enseki, PT, MPT, ATC, MS

Consultant: PTLinked

Ben Kivlan, PT, PhD, OCS, SCS

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Craig S. Mauro, MD

Consultant: Arthrex

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