



YOU'RE INVITED

Saturday, May 21, 2022

5th Annual
Hip Preservation Program
Conference: Management
of the Athlete's Hip

Registration Fee: \$30

Virtual Conference presented by **UPMC Orthopaedic Care** and **UPMC Sports Medicine**

Course Directors:

Craig Mauro, MD

Department of Orthopaedic Surgery

Volker Musahl, MD

Department of Orthopaedic Surgery

David Spaeder, PT, DPT, OCS, SCS

UPMC Centers for Rehab Services

Overview

In collaboration with UPMC Sports Medicine, 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 athlete's hips.

Topics Will Include:

- Clinical Evaluation
- Sport Type (cutting, flexibility, contact, impingement, asymmetric, endurance) and Hip Performance and Injury Patterns
- Nonsurgical Management
- Surgical Repair
- Return to Sport

Program Schedule

7:45 a.m. Welcome - Craig Mauro and Volker Musahl

Diagnosis

Moderator: Craig Mauro

8-8:15 a.m. Hip Injury Patterns in Athletes - Asheesh Bedi 8:15-8:30 a.m.

Physical Examination of the Hip - Ben Kivlan 8:30-8:45 a.m.

Radiographic Overview of the Hip - Justin Arner

Cutting/Impingement Sports (hockey, soccer, basketball, lacrosse, and field hockey)

Moderator: Justin Arner

8:45-9 a.m. Surgical Intervention for FAI - Dharmesh Vyas

9-9:15 a.m. Rehab Principles in the Cutting Athlete - Rick Joreitz 9:15-

9:30 a.m. Surgical Management of Groin Pain Syndromes - Brian Zuckerbraun

9:30-9:45 a.m. Rehab of Groin Pain Syndromes - Ashley Disantis 9:45-10 a.m. Q&A

BREAK 10-10:10 a.m.

Flexibility Sports (dance, gymnastics, and martial arts)

Moderator: Craig Mauro

10:10-10:25 a.m. Overview of the Hip in Flexibility Sports - Marc Safran

10:25-10:40 a.m. Surgical Management of the Unstable Athletic Hip - Michael McClincy

10:40-10:55 a.m. Rehab Principles and Considerations of the Unstable Athletic Hip - Keelan Enseki

10:55-11:05 Q&A

Contact Sports (football, rugby, wrestling)

Moderator: Keelan Enseki

11:05-11:15 a.m. Traumatic Instability - Craig Mauro

11:15-11:30 a.m. Transitioning the Athletic Hip to the Weight Room and Field - Pete Draovitch

Overhead/Asymmetric Sports (baseball/softball, golf, and tennis) Moderator: Daniel Lueders

11:30-11:45 a.m. Overview of Hip Pain in Rotational/Asymmetric Athletes - Marc Safran

11:45-12 p.m. Rehab Principles in the Asymmetric/Rotation Athlete- Nick Stephenson

12-12:15 p.m. Q&A

BREAK 12:15-12:30 p.m.

Endurance Sports (running, cycling, swimming)

Moderator: Dave Spaeder

12:30-12:45 p.m. Role of Ultrasound Imaging and Injections for In-Season Management of Soft Tissue Hip Disorders - Daniel Lueders

12:45-1 p.m. Running Evaluation and Biomechanics - Sarah Ostop

Return to Sport

Moderator: Nick Stephenson

1-1:15 p.m. Return to Sport Principles - Andrew Curley

1:15-1:30 p.m. Return to Sport Testing - Dave Spaeder

1:30-1:45 p.m. Psychological Considerations with Return to Sport - Leigh Skvarla

1:45-2 p.m. Q&A

2 p.m. Adjourn

Course Description

The Annual Hip Conference is a way to bridge gaps between professions and improve global management of patients with hip pain. This year, with a focus on the athletic hip, experts in the field give insight into both operative

and non-operative care for long-term and short-term management of the hip. Due to the pandemic, and in hopes of improving overall availability, we have opted for a virtual course that can be completed by clinicians from anywhere they choose.

Course Directors

Craig Mauro, MD

Clinical Associate Professor, Department of Orthopaedic Surgery Associate

Program Director, Orthopaedic Sports Medicine Fellowship Program
Assistant Team Physician, Pittsburgh Steelers

Volker Musahl, MD
Professor, Department of Orthopaedic Surgery
Chief, Division of Sports Medicine
Medical Director, UPMC Rooney Sports Complex Program Director, Sports
Medicine Fellowship Program

David Spaeder, PT, DPT, OCS, SCS
Senior Physical Therapist
UPMC Centers for Rehab Services, Chapel Harbor, UPMC St. Margaret

Guest Speakers
Marc R. Safran, MD
Professor, Orthopaedic Surgery Chief, Division of Sports Medicine Team
Physician Stanford University

Asheesh Bedi, MD
Professor, Department of Orthopaedic Surgery
Division Chief, Sports Medicine and Shoulder Surgery Head Orthopaedic
Team Physician University of Michigan

Peter Draovitch
Athletic Performance Specialist
Associate Athletic Trainer and Physical Therapist Jacksonville Jaguars

Invited Faculty
Justin Arner, MD
Clinical Assistant Professor, Department of Orthopaedic Surgery Burke &
Bradley Orthopedics – UPMC

Andrew J. Curley, MD
UPMC Orthopaedic Sports Medicine Fellow

Ashley Disantis, PT, OCS
Children's Hospital of Pittsburgh

Keelan Enseki, PT, MPT, ATC, MS
Director, Clinical Practice Innovation
Administrative Director, Physical Therapy Residency Programs UPMC Centers
for Rehab Services, Rooney Sports Complex

Rick Joreitz PT, DPT, SCS, ATC
Clinical Assistant Professor
University of Pittsburgh Athletics Physical Therapist

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

Michael McClincy, MD
Assistant Professor, Department of Orthopaedic Surgery
Division of Pediatric Orthopaedic Surgery, UPMC Children's Hospital of
Pittsburgh

Sarah Ostop, PT, DPT, SCS, ATC
Senior Physical Therapist
UPMC Centers for Rehab Services, Lemieux Sports Complex

Leigh Skvarla, PhD
Clinical Counselor, University of Pittsburgh Student Athletes

Nick Stephenson, PT, DPT, CSCS, TPI-CGFI
Physical Therapist
UPMC Centers for Rehab Services, Rooney Sports Complex, St. Margaret's Hip
Preservation Practice

Dharmesh Vyas MD, PhD
Assistant Professor, Department of Orthopedic Surgery
Medical Director and Head Team Physician, Pittsburgh Penguins

Brian Zuckerbraun, MD
Professor, Department of Surgery
Chief, Division of General/Trauma and Acute Care Surgery

Disclaimer Statement

The information presented at this program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

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) and Physical Therapist

The University of Pittsburgh designates this live activity for a maximum of 5.75 *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 5.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

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.

Athletic Trainer

UPMC Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This conference is eligible for 5.5 Category D CEU's for Certified Athletic Trainers.

Faculty Disclosure

All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All of the relevant financial relationships for the individuals listed below have been mitigated:

Dr. Asheesh Bedi is a consultant for Arthrex and stockholder with ViewFi Health.

Dr. Craig Mauro is a consultant for Arthrex.

Dr. Dharmesh Vyas is a consultant for Arthrex. Keelan Enseki is a consultant for PTLinked LLC and TurningPoint Healthcare Solutions LLS.

Dr. Marc Safran is a consultant for Smith and Nephew and Medacta. He has also received grant/research support through Smith and Nephew and is in the Speakers' bureau for Smith and Nephew.

Dr. Michael McClincy has a relationship with Elizure with royalties.

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