



Getting into the groin

3rd Aspetar Sports Groin Pain Centre Conference

The role of investigations in groin pain

23-24 October 2013

Doha - Qatar

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**Getting into the groin:
3rd Aspetar Sports Groin Pain Centre Conference:
The role of investigations in groin pain
23-24 October 2013**

Conference scientific committee:

Dr Adam Weir, Dr Per Holmich, Dr Nabil Jomah, Dr Johannes Tol, Rod Whiteley, Dr Zarko Vuckovic, Dr Pieter d'Hooghe.

Agenda:

DAY 1: 23RD OCTOBER 2013

8.40 – 8.50 Opening Ceremony

Groin Investigations:

08.50 – 09.10 Patient Related Scores for Groin Pain: HAGOS
Kristian Thorborg – Denmark

09.10 – 09.30 Football Biomechanics in Groin Pain
Lars Anderson – Copenhagen

09.30 – 09.55 Kinetic Chain Motion and its Role in Hip and Groin Pain – an Update
Igor Tak / Rob Langhout – Netherlands

09.55 – 10.05 Q&A

10.05- 10.30 Coffee Break

10.30 – 10.40 SHORT REPORT: Adductor Muscle Biomechanical Properties and Groin Pain
Adam Weir - Qatar

10.40 – 11.00 The Abdominal Muscles in Groin Pain – Chicken or Egg
Jaap Jansen - Netherlands

11.00 – 11.20 Strength Measurements in Groin Pain
Kristian Thorborg - Denmark

11.20 – 11.35 Baseline Data- Reliability and Normal Values for Hip Range of Motion and Hip Muscle Strength in Qatari Football Cohort
Andrea Mosler - Qatar

11.35 – 11.45 SHORT REPORT: Hip Strength and Flexibility and their Relationship to Football Performance
George Nassis - Qatar

11.45 – 11.55 SHORT REPORT: EMG Evaluation of Hip Adduction Exercises
Andreas Serner - Qatar

11.55 – 12.10 Q&A

12.15 – 13.30 Luncheon

Groin Imaging:

13.30 – 13.55 Acute Groin Injuries: New Experiences from Aspetar
Andreas Serner / Nabil Jomah - Qatar

13.55 – 14.15 Imaging in Long-Standing Groin Pain: an Overview of the Evidence
Sonia Branci - Denmark

14.15 – 14.40 Imaging in Chronic Groin Pain
Philip Robinson - UK

14.40- 15.00 Coffee Break

15.00 – 15.25 Anatomy and Surgery for Adductors
Ernest Schilders - UK

15.25 – 15.40 Groin Pain – Getting into the Box
Zarko Vuckovic - Qatar

15.40 – 15.50 Q&A

DAY 2: 24TH OCTOBER 2013

08.25 - 08.30 Opening of Day 2

Hip Pain Diagnostics:

08.30 - 08.50 Anatomy of the Hip and Iliopsoas
Pau Golano - Spain

08.50 - 09.05 Clinical Relevance of the Iliopsoas in Relation to Hip and Groin Problems
Per Holmich - Qatar

09.05 - 09.20 Imaging of Athletic Hip Pathology
Emad Al Musa - Qatar

09.20 - 09.30 SHORT REPORT: Hip Labral Tears and MRI Detection
Gustaaf Reurink - Qatar

09.30 - 09.50 Beyond the Labrum: not so Incidental Findings on MRI Arthrogram of the Hip.
Bruce Forster - Canada

09.50 - 10.00 Q&A

10.00 - 10.30 Coffee Break

Workshops:

10.30 - 11.00 Workshops Round 1 - Kindly bring your shorts to participate to those workshops!

- How to Measure Hip Range of Motion and Strength
Andrea Mosler / Andreas Serner - Qatar
- How to Measure Kinetic Chain ROM?
Igor Tak / Rob Langhout - Netherlands
- How to Examine the Groin
Per Holmich - Qatar

11.10 - 11.40 Workshops Round 2

11.50 - 12.20 Workshops Round 3

12.30 - 13.30 Luncheon

Development of FAI:

- 13.30- 13.50 Prevalence of FAI in the General Population: Swiss Population Study
Michael Leunig - Switzerland
- 13.50 - 14.10 Radiological FAI Development in Youth Footballers
Rintje Agricola - Netherlands
- 14.10 - 14.30 FAI - What Do We Know and What Do We Still Need to Find Out
Michael Leunig - Switzerland
- 14.30 - 14.40 Q&A

14.40 - 15.00 Coffee break

Treatment of Hip Problems

- 15.00 - 15.20 Conservative Treatment of FAI
Kay Crossley - Australia
- 15.20 - 15.40 Arthroscopy of the Hip - Indications for Surgery and Technique
Pieter d'Hooghe - Qatar
- 15.40 - 15.55 Q&A and Closing Remarks