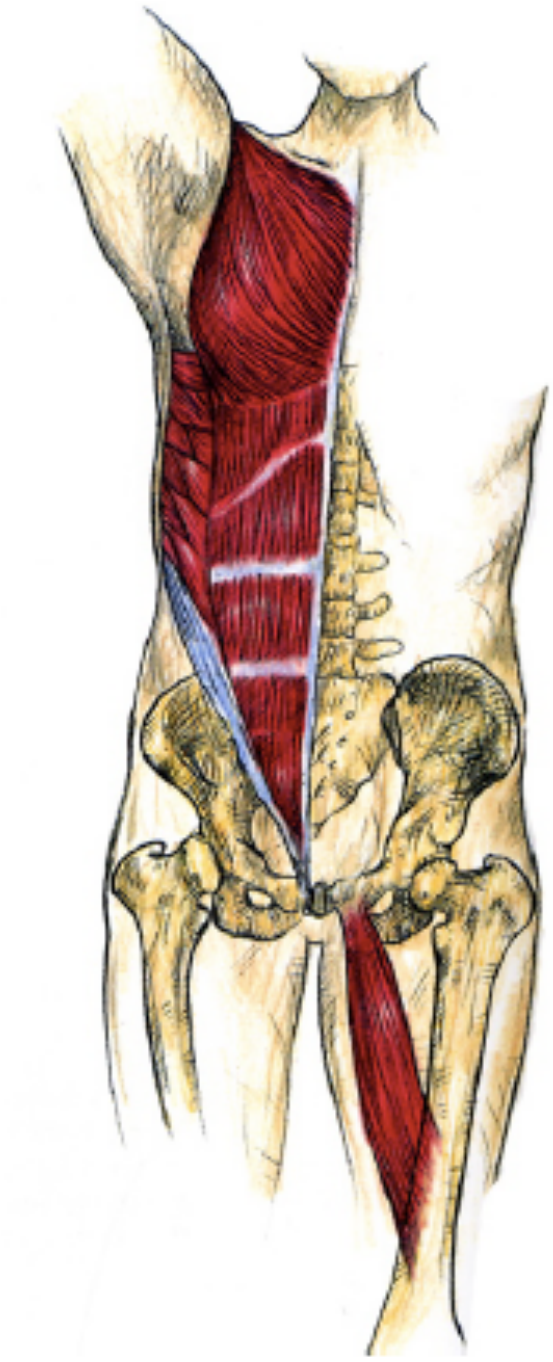
SPORTING HIP & GROIN



SPORTING HIP & GROIN
PREFACE

The pelvis, hip and groin is a complex region of the body, with multiple pathologies co-existing and large forces being generated and absorbed through this region during almost all sports. Many local structures can generate pain in this region, and to further complicate matters, there are a number of structures that can refer pain into the area.

Perhaps nowhere else in the body is there currently a wider gap between the teachings of clinical practice and scientific fact. **The Sporting Hip & Groin,** is our attempt to blend the latest research, the opinion of experts in the field, and our own personal experience of current clinical concepts; to marry the art and science of management together in a clear and understandable way.

The original **Sporting Hip & Groin** course was first established in 2004, and has been delivered to over 2000 therapists in the UK, as well as internationally. The course covers a collection of published research articles and ideas brought together by the teachings of many leading clinicians we have come into contact with over the years. We have drawn on experiences with track and field over a nine year period, and four Olympic cycles, (Beijing 2008 & London 2012; Rio 2016; Tokyo 2020); through time in professional rugby (Both England and Saracens); consulting for some of the top clubs in the Premier League, Championship and Internationally for over 12years; as well as running the Intensive Rehabilitation Unit (IRU) for all Olympic athletes through Sochi 2014; Rio 2016; PyeongChang 2018; and Tokyo 2020. Our aim is to piece together all the research and place into context for clinical practice providing a framework for assessing and treating what is a challenging yet rewarding area - **The Sporting Hip & Groin**

Regards

James Moore & Mark Young

SPORTING HIP & GROIN
TUTOR PROFILE

COURSE DEVELOPED BY:

James Moore - Founder & Tutor
MPhtySt (Manips), MSc Applied Biomechanics, BSc (Hons) Physiotherapy.
CSCS, MMACP, MCSP

James is currently employed by The British Olympic Association (BOA), where he has three roles; Head of Performance for all Olympic Games; managing The Intensive Rehabilitation Unit (IRU); leading on research to align with the IOC. Concurrently, James is the Sports and Exercise Medicine Director for a private clinic in Harley Street, The Centre for Health & Human Performance (CHHP).

For the XXXII Olympiad Tokyo 2020 James will be The Head of Performance, coordinating & delivering all science and medicine strategies across three main sites. ForThe XXXI Olympiad Rio 2016, James was Deputy Chef de Mission Performance Services for Team GB, where he lead all sports science and sports medicine services in Rio and the Preparation Camp in Belo Horizonte. Team GB created history here, being the first nation to improve their performance at the Olympic Games after previously hosting, and furthermore they had their best ever medal tally in recent times, finishing second. James was Head of Performance for Team GB in the inaugural European Games, Baku 2015.

At the IRU, James leads the team, where their role is to problem solve over any complex cases that are recalcitrant for all Olympic sports, summer or winter, and both Olympians and Paralympian's. In his capacity for the BOA James sits on the strategic board for the Institute of Sport & Exercise Health (ISEH), which is part of the legacy of London 2012 and the National Centre's for Sport & Exercise Medicine (NCSEM). The IOC recently awarded ISEH the honour of being one of nine International Research Centres.

James has previously held positions such as Head of Medical Services at Saracens RFC; Consultant Clinical Lead Physiotherapist to UK Athletics; and Consultant contracted Physiotherapist for the RFU to the Elite Performance Squad; where he worked through two Olympic cycles including London 2012, and helped in the preparation for the Rugby World Cup 2011.

James completed his Bachelors at Kings College London, over 20 years ago now; he qualified as an exercise Physiologist and Certified Strength & Conditioning Specialist (CSCS) in 1998; completed his Masters of Physiotherapy at University of Queensland in 2000; and his Masters of Science (Applied Biomechanics) in 2005 from University of Strathclyde. James has been fascinated by hip mechanics for over 15 years and also loves teaching about lower limb mechanics and injury mechanisms, in particular with a special interest in hamstring injuries and speed development. Recently James has become a PhD candidate at University College London (UCL), under the supervision of Professor Fares Haddad. James will build a mathematical model around the hip to investigate whether muscle force and joint angles have a contribution to function.

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Mark Young - Co-developer
M.Phty (Sports), B.Phty (Aus), PG Cert (AIS), MAPA, MCSP

Mark is an accomplished Physiotherapist with a unique mix of research and clinical skills. He was awarded the post-graduate scholarship at the Australian Institute of Sport (AIS) in 2003, where he worked with several elite sports. He is passionate about the need for research and has had his own research published in the BJSM. He has previously worked as a consultant to Nike Athletics, working with some of the world's leading athletes on the World Athletics Tour, and with the English Institute of Sport (EIS), in association with UK Athletics. Mark was the National Lead Physiotherapist for the England and Wales Cricket Board (ECB), prior to returning home to Melbourne, Australia, where he is Head of Performance at Geelong Cats, Australian Rules Football Club.

SPORTING HIP & GROIN
COURSE OUTLINE

Day 1

Time	Description
09.00-09.15	**Introduction**
09.15-09.45	**Lecture - Anatomy overview**
09.45-10.15	**Practical - Surface palpation**
10.15-11.00	**Lecture - Biomechanics**
11.00-11.15	**Morning Break**
11.15-12.00	**Lecture - Adductor related groin pain**
12.00-12.45	**Practical - Adductor & pubic joint Assessment**
12.45-13.30	**Lunch**
13.30-14.15	**Lecture - Abdominal related groin pain**
14.15-15.00	**Practical - Abdominal assessment**
15.00-15.15	**Afternoon Break**
15.15-16.00	**Lecture - Hip joint related pain**
16.00-17.00	**Practical - Hip joint assessment**

Day2

09.00-09.30	**Lecture - Functional Assessment**
09.30-10.15	**Practical - Functional movement Ax**
10.15-11.00	**Lecture - Adductor rehabilitation**
11.00-11.15	**Morning Break**
11.15-12.00	**Practical - Adductor Rehabilitation**
12.00-13.00	**Lunch**
13.00-13.45	**Lecture - Abdominal Rehabilitation**
13.45-14.30	**Practical - Abdominal Rehabilitation**
14.30-14.45	**Afternoon Break**
14.45-15.30	**Lecture - Hip Joint Rehabilitation**
15.30-17.00	**Practical - Hip Joint Rehabilitation**

Notes to participants:

The course has a strong practical component so please **bring shorts**.
You will be required to assess and treat your fellow participants, so please make sure you are **appropriately attired**.
There is a large **exercise** component to the course, so if you have any limitations please let the Tutor know. There will be **manual therapy and STT** aspects to the course so again if you have any concerns please notify the Tutor.

CHHP
CENTRE FOR HEALTH & HUMAN PERFORMANCE

SPORTING HIP & GROIN
OBJECTIVES

Course Objectives

Day 1

A clear understanding of the differential diagnostic process between Adductor related, abdominal related and Hip joint related groin pain.
To include A clear understanding of pattern recognition in the history taking.
The reliability and validity of physical examination testing.
How the functional anatomy and biomechanics relates to the pathologies seen.

Day 2

An understanding of how normal and faulty movement can relate to pathology.
How manual therapy can influence movement and Physical outcome measures
How different loading strategies and movements can influence different tissues
The decision making process around surgical / medical intervention for management of the athlete.

Session Objectives - Day 1

Anatomy

An overview of the functional anatomy of the hip joint and pubic joint.
A clear understanding of the functional movement of each muscle
How does this all relate to surface palpation

Biomechanics

A detailed overview of limbo-pelvic hip mechanics and its relation to sporting movement
How biomechanics contributes to pathology
What are the key overview aspects of the History taking and physical examination that need to be considered

Adductor related groin pain

How do each of the individual tissues - joint, bone, ligament, enthesis, tendon and muscle contribute to pain.
An understanding of the epidemiology and the pathogenesis

Abdominal related groin pain

A detailed understanding of the pathogenesis and epidemiology
What are the patterns that can be recognised in the history
How can a simple algorithm help with the differential diagnosis.

SPORTING HIP & GROIN
OBJECTIVES

Hip joint related pain

What are the imaging modalities
What are the most common pathologies
How to differentiate adolescent hip pain.

Session Objectives - Day 2

Functional movement

How does movement really relate to sport and how can you assess different types of movement
How can the physical examination tests relate to sporting movements
What are the principle cause of muscle over-activity
How can we incorporate “a plane of movement weakness” assessment into a medical assessment.

Adductor related treatment & rehabilitation

How to rehabilitate and manage each individual pathology
What are the surgical considerations and medical interventions
How to adapt loading for different tissue pathology.

Abdominal related treatment & rehabilitation

How to manage Hip flexion related pain.
How to load the abdominals into a sport specific movement.
What are the different surgical considerations

Hip Joint related treatment & rehabilitation

What are the surgical options for Hip pathology.
What are the principles of rehabilitation that are key for arthroscopy.