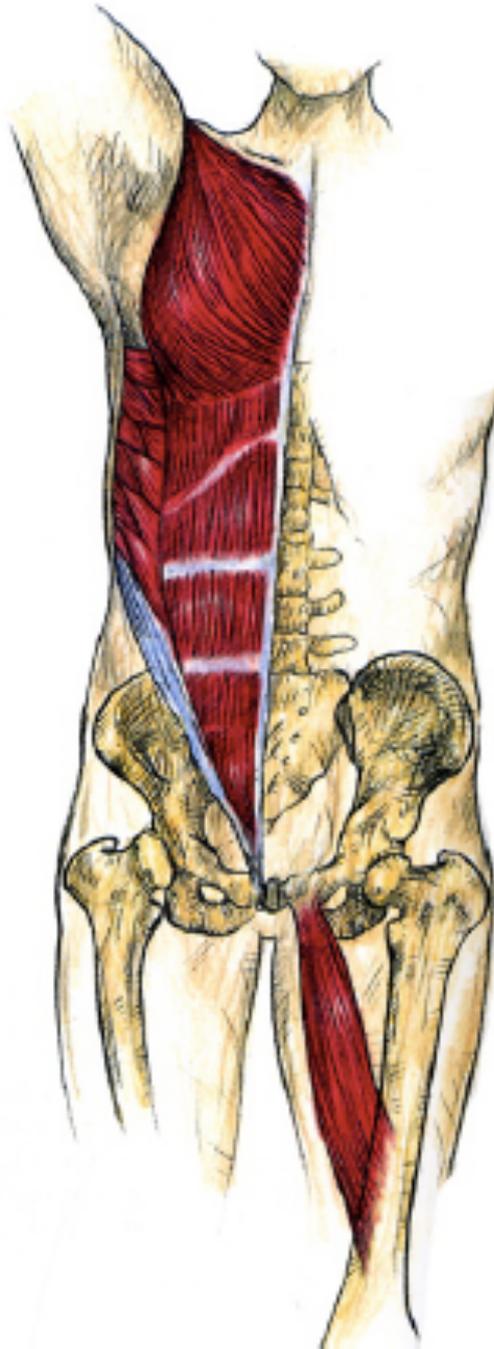


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# ADVANCED SPORTING HIP & GROIN

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# ADVANCED SPORTING HIP & GROIN

## PREFACE

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The Groin region accounts for nearly 13% of all sports injuries. While the hip can be implicated in 1 in a every 2 lumbo-pelvic and thigh injuries. This course will build upon the **Sporting Hip & Groin**, and will start to address more complex aspects of the lumbo-pelvic-hip-pubic joint complex

It will cover the latest thinking in differential diagnosis and draw links between clinical practice and evidenced based research. Putting into context the balance between the notion of clinical entities and the various consensus statements that have been published to providing clarity in the clinical paradigm to help with treatment approaches of the patient in front of you.

This course will expand upon concepts and science presented in the original course, delving deeper into Radiology; clarity around Femoro-Acetabular Impingement Syndrome (FAIS); the role of hip micro-instability; more advanced mechanics looking at the hip on pelvis and the pelvis on hip interaction; sports specific movements like change of direction and kicking; more detail on key muscles function like adductor Magnus and Ilio-Psoas; and their balance with the rotator cuff of the hip. There will be more advanced exercise prescription, exploring how to truly get correct adaptation and how to provide circuit style loading for optimal return to function.

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 - **Advanced Sporting Hip & Groin**

Regards

James Moore

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# ADVANCED SPORTING HIP & GROIN TUTOR PROFILE

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## 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. For The XXXI Olympiad Rio 2016, James was Deputy Chef de Mission Performance Services for Team GB, where he led 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.

# ADVANCED SPORTING HIP & GROIN COURSE OUTLINE

## Day 1

Time	Description
09.00-09.15	<b>Introduction</b>
09.15-10.00	<b>Lecture - Hip Pathology - FAI vs. FAIS vs. Extra-articular</b>
10.00-10.45	<b>Practical - Advanced Hip Assessment</b>
10.45-11.00	<b>Morning Break</b>
11.00-11.45	<b>Lecture - Hip Structural vs. Micro Instability</b>
11.45-12.30	<b>Practical - Hip instability Assessment</b>
12.30-13.30	<b>Lunch</b>
13.30-14.15	<b>Lecture - Consensus on Groin Pain, Advanced DDx Assessment</b>
14.15-15.00	<b>Practical - Advanced Groin Assessment</b>
15.00-15.15	<b>Afternoon Break</b>
15.15-16.00	<b>Lecture - Lumbo-pelvic Influence on the Hip &amp; Groin</b>
16.00-17.00	<b>Practical - Key Pelvic Assessment &amp; Combined Assessment</b>

## Day2

09.00-09.45	<b>Lecture - Hip on pelvis in ADL's, running, sprinting, kicking &amp; COD</b>
09.45-10.45	<b>Practical - Hip mobility program</b>
10.45-11.00	<b>Morning Break</b>
11.00-11.45	<b>Practical - Hip Manual &amp; Soft Tissue Therapy</b>
11.45-12.30	<b>Lecture - Advances in Hip &amp; Groin Surgery</b>
12.30-13.30	<b>Lunch</b>
13.30-14.30	<b>Practical - Advanced Hip loading</b>
14.30-15.15	<b>Practical - Advanced Groin loading</b>
15.15-15.30	<b>Afternoon Break</b>
15.30-16.15	<b>Practical - Sample Hip Arthroscopy Rehabilitation Plan</b>
16.15-17.00	<b>Practical - Sample Groin Progressive Loading &amp; RTP</b>

### 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.