



### Case Discussion:

The faculty encourage the submission of interesting or difficult cases of recurrent groin or hip injury, from candidates, for discussion at the meeting. A number of cases will be discussed at the end of the symposium.

For further details, please visit our website:

[www.hipandgroinclinic.ie](http://www.hipandgroinclinic.ie)

### Symposium Organiser:

Mr. Patrick Carton  
Consultant Orthopaedic Surgeon,  
Orthopaedic and Sports Surgery Centre,  
Whitfield Clinic, Cork Road,  
Butlerstown North, Waterford.

### To secure a place please contact:

Marie Dempsey / Evelyn Cleary  
Telephone: 00353 (51) 319898  
Email: [pcarton.secretary@whitfieldclinic.ie](mailto:pcarton.secretary@whitfieldclinic.ie)  
Fax: (051) 359919

CME Credits: 4.5 Applied for



## THE 3RD HIP AND GROIN SPORTS INJURY SYMPOSIUM WHITFIELD CLINIC 2015

April 18th, 2015

### Venue:

Whitfield Clinic,  
Butlerstown, North Cork Road, Waterford.

## Introduction:

The Hip and Groin Clinic at the Whitfield Clinic Medical Centre has organised a 3rd sports injury symposium to once again bring together specialists in hip and groin sports surgery, as well as national experts in sports rehabilitation to discuss many of the difficulties surrounding hip and groin sports injury and its management.

This is the third in a series of these meetings focusing on injuries to the groin and hip, providing detailed and up-to-date presentations on examination, investigation and treatment of acute and recurrent injury, in active sportsmen and women.

The symposium will take place in the Whitfield Clinic, in Waterford City and will feature a LIVE arthroscopic hip operation performed by Mr. Patrick Carton, a specialist in sports surgery of the hip and groin.

The LIVE operation session is a unique experience and a 'must see' for every sports physician, physiotherapist or sports professional with an interest in the treatment of hip impingement and labral tears.

## Who is the symposium designed for?

Sports physicians, general practitioners and physiotherapists with an interest in sports injury, as well as therapists involved in the rehabilitation and treatment of sports injury.

## Aim of the symposium:

To create awareness and update practitioners of the recent advances in the diagnosis, investigation and management of both acute and chronic injury to the hip and groin, to present the outcome from surgery, and to address the importance of injury prevention and rehabilitation strategies.

## Faculty:

**Chairman:** Mr. Tadhg O'Sullivan FRCSI, MCh (Orth), FRCS (Orth), FFSEMI Clinical Director, Orthopaedic and Sports Surgery Centre, Whitfield Clinic

## Guest Speakers

1. **Mr. Antonio Andrade** MB BS MSc FRCS (Tr. & Orth) Consultant Orthopaedic Surgeon, Reading, UK
2. **Dr Alan Byrne** MB BAO BCh MRCPI MSc (Sports Medicine) FFSEM Consultant in Sports and Exercise Medicine, Dublin, Ireland
3. **Mr. David Lyons** MISCP Senior Physiotherapist, Kildare GAA, Ireland

## Programme

09.30 am	<b>Welcome and Introduction</b> Mr. Tadhg O'Sullivan
09.40 am	<b>Dual Pathology: Chronic Groin Injury with underlying Impingement?</b> Mr. Patrick Carton
10.00 am	<b>Diagnosis and Non-Operative Treatment of Groin Injury</b> Guest Speaker: Dr. Alan Byrne
10.20 am	<b>Screening, Early Diagnosis and Prevention Strategies for Hip Injury</b> Guest Speaker: Mr. David Lyons
10.40 am	<b>Overview of Femoro-Acetabular Impingement</b> Guest Speaker: Mr Antonio Andrade
11.10 am	<b>Coffee</b>
11.30 am	<b>LIVE Operative Session</b> Moderator: Mr. Antonio Andrade Surgeon: Mr Patrick Carton
1.00 pm	<b>Does Hip Arthroscopy Work? Results from 1400 operations</b> Ms' Orla Dunphy
1.30 pm	<b>Questions to Faculty and Case Discussion:</b> Mr. Tadhg O'Sullivan/ Faculty
1.45 pm	<b>Lunch</b> The Atrium, Whitfield Clinic
2.30 pm	<b>Close</b>

## Symposium Overview:

This year the symposium will feature a LIVE arthroscopic hip operation performed by Mr. Patrick Carton, a specialist in sports surgery of the hip and groin. The live operation session will be streamed to the conference meeting; this session will be moderated on by Mr. Antonio Andrade, who will provide commentary on the procedure and will facilitate the interaction between delegates and the surgical team.

**Mr. Antonio Andrade MB BS MSc FRCS (Tr. & Orth)** is a highly recognised international expert on arthroscopic hip surgery, lecturing both nationally and internationally. He is the Host Chairman for the annual conference of the International Society for Hip Arthroscopy, Cambridge 2015. Mr. Andrade will present a review of the diagnosis and treatment for Femoro-Acetabular Impingement (FAI) and guide the delegates through the live surgery session.

## Groin Injury:

Acute and chronic groin pain is a common and difficult problem facing doctors and physiotherapists involved in treating sports injuries.

**Mr Patrick Carton MD FRCS (Tr&Orth)** presents his experience on diagnosing and treating 'dual' pathology: when chronic groin pain exists in the presence of underlying hip pathology.

**Dr. Alan Byrne** is the Republic of Ireland Senior International Team Physician (since 2003) and worked briefly in 2011 as team physician for Fulham FC, in the Premier League. He is a founding member of the Faculty of Sports and Exercise Medicine, RCSI and was elected board member in 2011. Having worked in sports medicine since 1993, he is an expert in his field and has a special interest in chronic groin injury in athletes; Dr. Byrne will draw from his experience and present on the 'diagnosis and non-operative treatment of chronic groin injury in sports'.

## Hip Injury:

Hip related injury is becoming increasingly recognised as one of the most important causes of acute and recurrent groin pain in sportsmen and women.

**Mr. David Lyons** is the lead physiotherapist for St. Mary's Senior Rugby club, has worked with the IRFU since 1997 and was appointed as medical coordinator for Kildare GAA in 2010. He has extensive experience in the assessment and non-operative treatment of injuries to the hip and groin. His presentation will focus on the early diagnosis, screening and prevention strategies for hip injury in top level and professional athletes.

**Ms' Orla Dunphy**, sports physiotherapist at the Whitfield Clinic, presents the clinical outcome results from arthroscopic surgery for FAI, for over 1400 patients, and introduces the early findings from a new screening study, established to diagnose FAI at an early stage in competitive sportsmen.

