



Hip and Groin Sports Surgery Symposium, March 2009

Waterford Institute of Technology and Whitfield Orthopaedic and Sports Clinic

On the 28th March 2009, the Whitfield Orthopaedic and Sports Clinic held a symposium to highlight the advances in diagnosis and treatment of groin and hip injuries which occur mainly in young adults and athletes.

The symposium was chaired by Mr. Tadhg O' Sullivan, consultant orthopaedic surgeon and Clinical Director, at the Whitfield Orthopaedic and Sports Clinic. The venue chosen for the symposium was the Waterford Institute of Technology and the opening address was provided by Professor Kieran Byrne, Chairman of W.I.T., who was delighted to welcome such a high profile medical conference to W.I.T.

The symposium was designed specifically for sports doctors, general practitioners and physiotherapists who are regularly involved in the management of sports injuries. Eighty five delegates from across Ireland attended the symposium. The expert faculty included Professor Michael Cullen, consultant in Sports and Exercise Medicine, Musgrave Park Hospital, Belfast; Professor Ernest Schilders, consultant orthopaedic surgeon, Bradford Royal Infirmary; Mr. Patrick Carton, consultant orthopaedic surgeon, Whitfield Sports and Orthopaedic Clinic and Niam Mohammed, physiotherapist with Celtic football club, Glasgow.

Professor Cullen is the former Chairman of the British Association for Sports and Exercise Medicine; he has worked as the team doctor for the Northern Ireland International football team for over 20 years and is an expert in the diagnosis and conservative management of groin injury in athletes.

Professor Ernest Schilders is a world expert on sports injury to groin and adductor region and is regularly treating and operating on many professional football players from the English and Scottish Premiership and from a variety of other professional sports.

Mr. Patrick Carton, consultant orthopaedic surgeon and former Clinical Director, of orthopaedic surgery in the Southern NHS Health Trust, Northern Ireland, is a specialist in surgery for sports injury to the hip and groin. He utilises 'keyhole surgical' techniques to repair damage to the hip which can enable rapid recovery and an early return to sports.

Niam Mohammed has worked as the Celtic football club physiotherapist for over fifteen years and is involved in conditioning and rehabilitating athletes from as young as nine

years of age (academy) through their professional football careers. “Sports injury to the hip and groin present enormous problems to large professional football clubs and early diagnosis and treatment is critical for the future of players’ careers”.

“A large percentage of young adults, and athletes of all ages, who have recurrent groin pain, have an underlying problem with their hip joint; in many cases this is not diagnosed and the hip becomes progressively damaged in many cases leading to early arthritis. If ‘keyhole surgery’ is required, a better outcome would be expected with less damage to the hip joint”. It is important to examine and investigate the hip as soon as possible; should an underlying hip condition exist then early referral to a specialist hip surgeon is advised”.

The ‘Hip & Groin Clinic’ at Whitfield specialises in the diagnosis and surgical management of injuries to this region and is one of the few centres across the UK and Ireland now performing the technically difficult ‘arthroscopic labral repair’; a repair of the ‘seal’ of the hip, damage to which is common in young adults and athletes with hip pain and can lead to degenerative arthritis.

“The symposium was organised to create awareness of this common but often unrecognised cause of groin pain; with the large turnout of sports doctors, general practitioners and physiotherapists to the symposium, it highlights the interest which exists across Ireland from practitioners trying to successfully manage their patients/athletes with hip and groin injury”.

Mr. Tadhg O’Sullivan and Mr. Patrick Carton are both committed to developing the Whitfield Orthopaedic and Sports Clinic as an international centre of excellence. “ We have been managing sports injuries of the knee to the highest level here at Whitfield and now with the opening of the ‘Hip & Groin Clinic’ this level of excellence can now be provided for hip and groin injuries as well; it is very exciting”.

If you are suffering from recurrent groin discomfort which can affect physical performance and wish to be assessed at the ‘Hip & Groin Clinic’ at Whitfield, please discuss with your physiotherapist or contact your general practitioner who can organise referral if required.

The Hip and Groin Sports Surgery Symposium will be held every two years at the Whitfield Clinic; the invited faculty will always consist of the top international specialists ensuring sports injury practitioners who attend will be kept fully up to date with advances and outcomes in hip and groin injury management.

To view brochure, programme and faculty of the Hip and Groin Sports Surgery Symposium March 2009 please click on link.