

PROGRAMME

MONDAY 31st March

UK ACL Injury Prevention Think-Tank (By Invitation) – RCSEd Library

10:30 – 12:30

Objectives

- Key stakeholders of ACL to avoid overlap
- Bring together surgeons, physios and sports docs
- Who is responsible for delivering ACL prevention?

Lunch 12:30 – 13:30

Opening Plenary

Session Chairs: Heather Binnington & Andrew Murray

13:30 – 13:50	Optimising rehab - principles and practice	Enda King (QA)	Quin Hall
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Osteoarthritis in Athletes

Session Chairs: Vicky Campbell & Jonny Gordon

13:50 – 14:10	Osteoarthritis - treatments and potential cures in the future	Sion Glyn-Jones (UK)	Quin Hall
14:10 – 14:20	Use of offloading knee braces in athletes	Gilbert Moatsche (NOR)	Quin Hall
14:20 – 14:30	Injectables for OA – clinical role in 2024	Iain Murray (UK)	Quin Hall
14:30 – 14:40	Practical management of athletes with OA in season and in competition	?Niall Elliott / Alastair Nicol	Quin Hall Consider different implications in different sports
14:40 - 15:00	Discussion	All	Quin Hall

Coffee 15:00 – 15:30

Return to sport after orthopaedic surgery			
Session Chairs: Tracy McAdams & Sam Patton			
15:30 – 15:40	Is there a role for hip arthroscopy in the athlete with degenerative hip disease?	Sion Glyn-Jones (UK)	Quin Hall
15:40 – 15:50	Hip Arthroplasty / Resurfacing in athletes	Dominic Meek (UK)	Quin Hall
15:50 – 16:00	Osteotomy in professional athletes: When and How?	Andy Williams (UK)	Quin Hall
16:00 – 16:10	Total Knee arthroplasty	Chloe Scott (UK)	Quin Hall
16:10 – 16:20	Unicompartmental knee Arthroplasty	Will Jackson (UK)	Quin Hall
16:20 – 16:30	Discussion	All	Quin Hall

The athletes perspective			
Session Chairs: Niall Elliot			
16:30 – 17:00	Return to rugby following hip resurfacing	Scott Steele	Quin Hall

Gala Dinner with 'Athletes Voice'			
19:15	TBC		Playfair Hall

Tuesday 1st April

ACL injuries: Evaluation and Non-Surgical Treatment			
Session Chairs: Mary Mulcahey & Scott McKie			
08.00 – 08.10	Why do athletes tear their ACL? Mechanisms & Biomechanics	Enda King (QAT)	<i>Avoid major focus on females as covered in afternoon session</i>
08.10 – 08.20	Examination of the knee	Andy Williams (UK)	
08:20 – 08.30	Imaging the injured knee – what's new?	Phillip Robinson (UK)	
08.30 – 08.40	Everyone should get stress radiographs for knee ligament injuries	Robert LaPrade (USA)	<i>Begin with concepts to sports/medics those not familiar with concepts.</i>

08.40 – 08.50	What's new in non-surgical treatment (including cross-bracing)	Tracy McAdam (UK)	<i>Focus on Cross-Bracing</i>
08.50 – 09.05	Discussion		

ACL injuries Graft Choices			
Session Chairs: Ciara Stevenson (UK) & Andy Williams (UK)			
09.05 – 09.15	Graft Choices: what the registries say	Tim Spalding (UK)	<i>Key trends in UK and key international registries. Particular focus on graft choice and any other new/interesting trends</i>
09.15 – 09.25	Patella tendon graft	Robert LaPrade (USA)	<i>Why / when use this graft including evidence. Quick Demo and Pearls</i>
09.25 – 09.35	Hamstrings graft	Sanjay Anand (UK)	<i>Why / when use this graft including evidence. Quick Demo and Pearls.</i>
09.35 – 09.45	Quadriceps graft	Mary Mulcahey (USA)	<i>Why / when use this graft including evidence. Quick Demo and Pearls</i>
09.45 – 09.55	Lateral Extra-Articular Procedures	Gilbert Moatsche (NOR)	<i>Rationale, techniques including demo of LET technical tips, , evidence, when to be cautious</i>
09.55– 10.10	Discussion		

Coffee 10:10 – 10.40

Injuries Associated with ACL disruptions			
Session Chairs: Ciara Stevenson & Sanjay Anand			
10.40 – 10.50	Meniscus injuries: Save the meniscus at all costs	Robert LaPrade (UK)	<i>Focus on meniscus injuries in setting of ACL – specific patterns, burden, implications of missing injuries and of meniscal insufficiency.</i>

			<i>Comment on All inside vs inside out please.</i>
10.50 – 10.55	A new classification of meniscal ramp tears	Luke Tollefson (USA)	<i>Please also submit as an Abstract</i>
10.55 – 11.00	7T meniscus medial meniscus root tear repair evaluation and the effect of a centralization stitch on extrusion	Luke Tollefson (USA)	<i>Please also submit as an Abstract</i>
11.00 – 11.10	My algorithm for addressing chondral pathology in setting of ACL injury	Ciara Stevenson (UK)	<i>Focus on chondral injuries in setting of ACL Comment on new techniques such as autograft Is microfracture out?</i>
11.10 - 11.20	Associated injuries: MCL	Andy Williams	<i>Implications on under-treating MCL injuries</i>
11.20 – 11.30	The posterolateral corner is no longer the dark side of the knee	Robert LaPrade (USA) / Gilbert Moatsche	
11.30 – 11.45	Discussion		

Rehabilitation and Reducing Risk of Re-injury			
Session Chairs: Dave Pugh & Jen Sweeting			
11.45 – 11.55	Assessing progression and completion of ACL Rehab	Tracy McAdam (UK)	
11.55 – 12.05	Rehab Considerations: Graft, Meniscus and LEAPS	Enda King (QA)	
12.05 – 12.15	Sports specific considerations in returning to play	Stuart Paterson (UK)	
12:15 - 12:30	Discussion		

Lunch 12:30 – 13:40

PLENARY			
Chair:			
13.40 – 14.15 (5 minutes for questions)	Injury Prevention Works – Lessons from Concussion and other settings?	Keith Stokes (UK)	<i>Transferrable lessons from other areas of Injury Prevention – what we should and shouldn't do!</i>

			<i>Please explore concept of targeting a single injury vs more generalised approach (ie single intervention affect multiple injuries)</i>
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ACL injury prevention session PART 1: ACL Injury Prevention – Core Principles and International Experience

Session Chairs: Iain Murray and Kate Jackson

14.00 – 14.06	Is there an ACL Epidemic?	?Emma Godfrey (UK)	<i>Overview of ACL injury epidemiology and how this may be influenced by factors including Sport type, geographic variation, and patient factors (age, sex, race). Outline any temporal trends.</i>
14.06 – 14.12	ACL Injuries in Females – understanding why (Physical Factors)	Mary Mulcahey (USA)	<i>Non-environmental factors for sex differences in ACL injury epidemiology</i>
14.12 – 14.18	ACL Injuries in Females – understanding why (Environmental)	Sheree Bekker (UK)	<i>Gendered Environmental Approach. No requirement to revisit epidemiology</i>
14.20- 14.30	ACL Injury Prevention Programmes: Historical Perspectives	Will Jackson (UK)	<i>Setting the scene / timeline of ACL injury prevention programmes bringing audience up to speed of how things have evolved globally. This talk will not get into details of different programmes.</i>
14.30 – 14.40	What types of ACL Injury prevention Programmes have been used?	Morgan Bailey (UK)	<i>This talk will summarise the range of interventions that have been adopted and studied (eg FIFA, PEP etc). It will focus on similarities and differences and the</i>

			<i>rationale for each. This talk will focus more on the intervention (eg PEP, FIFA11+ etc) itself rather than how it is implemented (eg Power up to play).</i>
14.40 – 14.50	Norwegian Experience	Gilbert Moatsche (NOR)	<i>Explore work of Norwegian groups in Schools / Lessons with particular focus on</i> <ol style="list-style-type: none"> 1. <i>Focus on research experience demonstrating efficacy of IPPs</i> 2. <i>Practical Application</i>
14.50 – 15.10	Discussion		

Coffee 15:10 – 15:40

ACL injury prevention session PART 2: Practical Application in the UK			
Session Chairs: Mark Bowditch and			
15.40 – 15.50	Power Up to Play	Kate Jackson (UK)	<i>Overview, Data, Major barriers to progress</i>
16.00 – 16.10	START Injury Prevention Programme	Thomas Hughes (UK)	<i>Overview, Data, Major barriers to progress</i>
16.10 – 16.20	Project ACL	Christina Le (UK)	
15.50 – 16.00	The Kings College Experience	Josip Carr (UK)	
16.20 – 16.30	UK ACL Injury Prevention Strategy group: What is the best way to effect change?	Tim Spalding (UK)	
16:30 – 17:00	Discussion		