

Sharp HealthCare's Hip Preservation Center Visiting Professorship

Addressing Intra-Articular Hip Pain in Athletes

and

The Latest Management and Treatment Techniques for Hip Instability

For Sharp-affiliated orthopedists, radiologists, physician assistants, nurse practitioners and other interested health care providers

Marc R. Safran, MD

Professor of Orthopaedic Surgery
Stanford University Medical Center
Redwood City, CA

Tuesday, November 12, 2019

6 p.m. to 9 p.m.

Dinner served at 6 p.m. – Event begins at 6:30 p.m.

Sharp HealthCare Copley – Conference Room B-D

5651 Copley Dr., San Diego, CA 92111

Learning Objectives: Following this activity, participants should be able to:

1. Describe the main causes of intra-articular hip pain in athletes
2. Discuss the importance of proper hip function in athletics
3. Summarize the latest outcomes of hip arthroscopy in athletes
4. Employ the latest, evidence-based clinical examination techniques to recognize hip instability
5. Identify radiographic features (Plain XR and MRI) that may provide a clue to the preoperative diagnosis of hip instability without prior surgery
6. Recognize the arthroscopic findings that may confirm the diagnosis of hip instability
7. Explain the role of arthroscopic techniques for capsular tightening
8. Review the importance of capsular closure in hip arthroscopy for athletes with generalized ligament instability
9. Discuss the dangers of "routine" iliopsoas tendon release in the athlete with soft tissue laxity
10. Summarize the appropriate indications for hip arthroscopy
11. Discuss the changes in hip arthroscopy in the last decade
12. Review important patient selection criteria for hip arthroscopy with emphasis on those who do not do reliably well

Registration is complimentary, but pre-registration is required.

To register, visit sharp.cloud-cme.com/Hip19

Agenda

- 6 p.m. Dinner and registration
- 6:30 p.m. Welcome – Richard Santore, MD, *Medical Director, Sharp Hip Preservation Center*
- 6:35 p.m. The Athlete’s Hip – Marc R. Safran, MD, *Professor of Orthopaedic Surgery, Stanford Medical Center*
- 7:01 p.m. Case Presentation – Michael Muldoon, MD, *Chief of Orthopaedic Surgery, Sharp Memorial Hospital*
- 7:12 p.m. Case Discussion – Michael Muldoon, MD, *Chief of Orthopaedic Surgery, Sharp Memorial Hospital*
- 7:28 p.m. The Evolution of Hip Arthroscopy: Controversies and Lessons Learned – Catherine Robertson, MD, *Chief of Sports Medicine and Associate Professor of Orthopaedic Surgery, University of California San Diego*
- 7:44 p.m. Hip Arthroscopy Discussion – Richard Santore, MD, *Medical Director, Sharp Hip Preservation Center*
- 7:55 p.m. Evaluation and Management of Hip Instability - Marc R. Safran, MD, *Professor of Orthopaedic Surgery, Stanford Medical Center*
- 8:21 p.m. Case Presentation - Richard Santore, MD, *Medical Director, Sharp Hip Preservation Center*
- 8:30 p.m. Case Discussion - Richard Santore, MD, *Medical Director, Sharp Hip Preservation Center*
- 9 p.m. Adjourn



Accreditation: the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians accredits Sharp HealthCare. **CME Credit:** Sharp HealthCare designates this live activity for a maximum of 2.5 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PA Credit: PAs may claim a maximum of 2.5 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society.

NP Credit: AANPCB accepts *AMA PRA Category 1 Credit(s)™* issued by organizations accredited by ACCME as an equivalent number of hours of participation. 1 AMA PRA Category 1 credit = 1 contact hour.