

## PROGRAMME

### MONDAY 31<sup>st</sup> March

<b>UK ACL Injury Prevention Think-Tank (By Invitation) – RCSEd Library</b> 10:30 – 12:30
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### Lunch 12:30 – 13:30

<b>Opening Plenary</b>
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Session Chairs: Heather Binnington & Andrew Murray

13:30 – 13:50	Optimising rehab - principles and practice	Enda King (QA)	Quin Hall
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<b>Osteoarthritis in Athletes</b>
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Session Chairs: Jonny Gordon & TBC

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	TBC	Quin Hall
14:40 -15:00	<b>Discussion</b>	All	Quin Hall

### Coffee 15:00 – 15:30

<b>Return to sport after orthopaedic surgery</b>
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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	Unicompartmental knee Arthroplasty	Will Jackson (UK)	Quin Hall
16:10 – 16: 20	Total Knee arthroplasty	Chloe Scott (UK)	Quin Hall
16:20 – 16:30	<b>Discussion</b>	All	Quin Hall

<b>The athletes perspective</b>
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Session Chairs: Niall Elliot

16:30 – 17:00	Return to rugby following hip resurfacing	Athlete TBC	Quin Hall
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<b>Gala Dinner with ‘Athletes Voice’</b>
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19:15	TBC		Playfair Hall
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### Tuesday 1<sup>st</sup> April

<b>ACL injuries: Evaluation and Non-Surgical Treatment</b>
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Session Chairs: Mary Mulcahey & Scott McKie

08.00 – 08.10	Why do athletes tear their ACL? Mechanisms & Biomechanics	Enda King (QAT)	
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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)	
08.40 – 08.50	What’s new in non-surgical treatment (including cross-bracing)	Tracy McAdam (UK)	
08.50 – 09.05	<b>Discussion</b>		

<b>ACL injuries Graft Choices</b>			
Session Chairs: Ciara Stevenson (UK) & Andy Williams (UK)			
09.05 – 09.15	Graft Choices: what the registries say	Tim Spalding (UK)	
09.15 – 09.25	Patella tendon graft	Robert LaPrade (USA)	
09.25 – 09.35	Hamstrings graft	Sanjay Anand (UK)	
09.35 – 09.45	Quadriceps graft	Mary Mulcahey (USA)	
09.45 – 09.55	Lateral Extra-Articular Procedures	TBC	
09.55– 10.10	<b>Discussion</b>		

**Coffee 10:10 – 10.40**

<b>Injuries Associated with ACL disruptions</b>			
Session Chairs: Ciara Stevenson & Sanjay Anand			
10.40 – 10.50	Meniscus injuries: Save the meniscus at all costs	Robert LaPrade (UK)	
10.50 – 10.55	A new classification of meniscal ramp tears	Luke Tollefson (USA)	
10.55 – 11.00	7T meniscus medial meniscus root tear repair evaluation and the effect of a centralization stitch on extrusion	Luke Tollefson (USA)	
11.00 – 11.10	My algorithm for addressing chondral pathology in setting of ACL injury	Ciara Stevenson (UK)	
11.10 -11.20	Associated injuries: MCL	Andy Williams	
11.20 – 11.30	The posterolateral corner is no longer the dark side of the knee	Robert LaPrade (USA)	
11.30 – 11.45	<b>Discussion</b>		

<b>Rehabilitation and Reducing Risk of Re-injury</b>			
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	TBC	
12:15 - 12:30	<b>Discussion</b>		

**Lunch 12:30 – 13:40**

<b>PLENARY</b>			
<b>Chair:</b>			
13.40 – 14.15 (5 minutes for questions)	Injury Prevention Works – Lessons from Concussion and other settings?	Keith Stokes (UK)	

<b>ACL injury prevention session PART 1: ACL Injury Prevention – Core Principles and International Experience</b>			
Session Chairs: Iain Murray and Kate Jackson			
14.00 – 14.06	Is there an ACL Epidemic?	TBC	
14.06 – 14.12	ACL Injuries in Females – understanding why (Physical Factors)	Mary Mulcahey (USA)	
14.12 – 14.18	ACL Injuries in Females – understanding why (Environmental)	Sheree Bekker (UK)	
14.20-14.30	ACL Injury Prevention Programmes: Historical Perspectives	Will Jackson (UK)	
14.30 – 14.40	What types of ACL Injury prevention Programmes have been used?	Morgan Bailey (UK)	
14.40 – 14.50	Norwegian Experience	Gilbert Moatsche (NOR)	
14.50 – 15.10	<b>Discussion</b>		

Coffee 15:10 – 15:40

<b>ACL injury prevention session PART 2: Practical Application in the UK</b>			
Session Chairs: Mark Bowditch and			
15.40 – 15.50	Power Up to Play	Kate Jackson (UK)	
16.00 – 16.10	START Injury Prevention Programme	Thomas Hughes (UK)	
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	<b>Discussion</b>		