

Early Osteoarthritis in the Athlete Symposium

Friday 12th April, 2019

3-3:30pm			REGISTRATION
Session 1: Prevention of early OA in the athlete (Chair: Adam Culvenor)			
3:30	Adam Culvenor	Introduction: The burden of joint injury, re-injury and OA in athletes	
3:40	Jackie Whittaker	Prevention of knee injury and OA	
4:15	Brooke Patterson	Injury reduction in elite and community-level Australian Rules Football	
4:30	Andrea Mosler	Prevention of hip and groin pain in athletes	
4:45	PANEL QUESTIONS/DISCUSSION		
5-5:30	TEA/COFFEE		
Session 2: Managing the athlete with early knee OA (Chair: Kay Crossley)			
5:30	Justin Crow	Load management in athletes with early OA – experience in the AFL	
5:50	Adam Culvenor	Addressing modifiable factors to prevent the progression of early OA	
6:10	Michael Makdissi	Medical management of early OA – injections/supplements/stem cells	
6:30	Kay Crossley	Managing OA in runners	
6:50	Kay Crossley	Research informing the prevention of post-traumatic OA in athletes	
7pm	PANEL QUESTIONS/DISCUSSION (including the lived experience from an athlete with early knee OA)		
7:30-8:30	REFRESHMENTS AND NETWORKING		

Saturday 13th April

8:30-9am			REGISTRATION
Session 3: Early hip OA characteristics in the athlete (Chair: Jo Kemp)			
9:00	Rintje Agricola	Cam morphology in athletes	
9:30	Josh Heerey	Hip morphology, pathology and symptoms in athletes	
9:45	Adam Semciw	Muscle impairments related to hip pain across the age span	
10:00	Mark Scholes	Biomechanical characteristics of athletic hip pain	
10.15	PANEL QUESTIONS/DISCUSSION		
10:30-11am	MORNING TEA		
Session 4: Managing the athlete with early hip OA (Chair: Adam Semciw)			
11:00	Rintje Agricola	Can hip morphology be optimised in the athlete to prevent early OA?	
11:30	Jo Kemp	Rehabilitating the athlete with early hip OA	
11:50	Sue Mayes	Load management for hips – experience at the Australian Ballet	
12:10	Jo Kemp	Is surgery the solution for hip pain in the athlete?	
12:30-1pm	PANEL QUESTIONS/DISCUSSION (including the lived experience from an athlete with early hip OA)		
WORKSHOPS begin 1:45-5pm			