

# When the HIPsters come to #Sportsuisse2018

**Bizzini M<sup>1</sup>, Gojanovic B<sup>2,3</sup>**

<sup>1</sup> Schulthess Klinik, Human Performance Lab, Zürich, Switzerland. mario.bizzini@kws.ch

<sup>2</sup> Swiss Olympic Medical Center, Hôpital de La Tour, 1217 Meyrin (GE), Switzerland. boris.gojanovic@latour.ch

<sup>3</sup> Centre de Médecine du Sport des Adolescents, DISA, Département Femme-Mère-Enfant (DFME), CHUV, Lausanne, Switzerland

## #Sportsuisse2018 was/is Hip City

2 days, 2 societies, 22 world-renowned invited speakers, 65 accepted posters, 6 international oral presentations, 3 physiotherapy bachelor presentations ... and 750 participants to complete a fantastic sold-out conference in the city of Bern. For 2 days, Bern was «Hip City».

The topic not only covered hip and groin, including femoroacetabular impingement (FAI) and osteoarthritis (OA) injuries, but also training load(s), recovery in sports and the Barça Innovation Hub were presented and discussed, sometimes in heated debates. We are not going to attempt a difficult summary of the numerous key issues raised in Bern, but we rather invite you to relive the conference online on the Sportfisiowiss YouTube channel<sup>1</sup> and read the BJSM blog<sup>2</sup>.

## Consensus meeting after Bern

Many of the speakers and other international invited clinicians/researchers gathered in Zürich (at the Schulthess Clinic) for the 1<sup>st</sup> International Hip-related Pain Consensus Meeting. This important event was made possible with the support of our two societies in partnership with our common partner, the British Journal of Sports Medicine (BJSM). Be sure to look for this consensus statement and the accompanying sister papers (systematic reviews) from the working groups. They will be published next year and will attempt to synthesize the current knowledge on definitions, assessment, best practice in physiotherapy management, and patient-related outcome, as well as provide recommendations for research.

## Hip Hip Hip...Hooray! ... or maybe not just yet

Some questions are still open for debate (and calling for prospective quality data): should FAI syndrome be investigated comprehensively early after symptoms occurrence, which rehabilitation approach should be adopted and for how long, what is the role of advanced imaging in the follow-up evaluation and return to sport issues, when should a surgical option be considered in order to help return to sport effectively, but also to avoid long term cartilage damage to the hip joint?

One last question might be: can we prevent further damage to the joint down the line, if we actively promote return to competitive sports with high hip-related loads? These are the questions that ultimately each clinician must consider when discussing the issue with the athletes.

While there is still a lack of conclusive research in many areas, we should aim to manage our athletes in an interdisciplinary fashion, based on the current evidence-based knowledge and our best clinical experience.

## References

1. Sportfisiowiss. 2018 - Hip & groin [video on the internet]. 2018 December 1<sup>st</sup>. Available from: [https://www.youtube.com/watch?v=cybYIzDUgeo&list=PLEyFKL\\_-aBmwfMC6F9VUQG8w2cTA6O6IL](https://www.youtube.com/watch?v=cybYIzDUgeo&list=PLEyFKL_-aBmwfMC6F9VUQG8w2cTA6O6IL).
2. BJSM Blog. #SportSuisse2018 blog post by Daniel Friedman. Available from: <https://blogs.bmj.com/bjasm/>

