

# Program Submission Worksheet

## GENERAL INFORMATION

### PROGRAM TITLE\*

**112. Hip Pain in College Students: A Multidisciplinary Approach to Evaluation, Diagnosis, Management, and Prevention in an Academic Dance Program**

## PROGRAM DESIGN

### EDUCATIONAL NEEDS\*

Briefly describe the overall reason for developing your program. Develop your statement by answering the following questions:

*Your response:*

*College students participate in a wide variety of physical activities from intercollegiate athletics to majors in dance and from recreational running to yoga enthusiasts. For many students' college might be the first time they become regularly physically active, while for others their college experience is based around their physical activity and athletic performance. Hip pain is a common complaint in the primary care clinic, but usually associated with older adults. However, patients of all ages can experience it though the causes can be quite different with different management strategies. In this program we are going to present some of the most common causes of hip pain in the college student population including conditions such as stress fractures and femoral acetabular impingement. There will be specific emphasis on dance athletes as they have an extremely high rate of hip pain and pathology as well as their academic career being linked to their physical ability to perform. We will describe our multidisciplinary approach to the evaluation and management of hip pain using our dance students and embedded certified athletic trainer as a model through case studies of dance athletes. At the end of the session, participants will have the tools to assess hip pain, recognize red flags symptoms that may point to a more serious cause, understand the important physical exam maneuvers, and useful diagnostic testing in the evaluation of hip pain. The participants will have the knowledge on the management and treatment of specific causes as well as the role that prevention can play in certain situations and populations. We expect that participants will be prepared to evaluate and manage students with hip pain in their health center and have the tools to develop a multidisciplinary team of their own.*

### LEARNING OBJECTIVES

<b>*1.</b> Identify normal hip anatomy and function	<ul style="list-style-type: none"><li>• Hip Joint Anatomy</li><li>• Associated muscles/soft tissue structures and their function</li><li>• Hip joint movement in specific activities</li></ul>	20%
<b>*2.</b> Describe common pain patterns, pathologies, and the associated risk factors with specific focus on dance and running	<ul style="list-style-type: none"><li>• Femoral acetabular impingement syndrome</li><li>• Snapping hip syndrome</li><li>• IT Band Syndrome</li><li>• Flexor strain</li><li>• Adductor syndrome</li><li>• Proximal Femoral stress fracture</li><li>• Sports hernia</li></ul>	35%
<b>3.</b> Outline treatment and management for hip pain and injuries	<ul style="list-style-type: none"><li>• Muscle strengthening and flexibility.</li><li>• Movement assessment</li><li>• Imaging guidelines</li><li>• Rest recommendations</li><li>• Surgical treatments</li></ul>	25%

4. Identify potential prevention measures and practical pearls	<ul style="list-style-type: none"> <li>• Risk assessment with initial physical exam</li> <li>• Bone Health and stress fracture risk</li> <li>• Overuse/Overtraining</li> </ul>	15%
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## TEACHING METHODS\*

**Design the program based on how best to accomplish the learning objectives.** Other than lecture and slides/visuals, which active learning strategies will be incorporated into your presentation? Select all that apply.

- |   |   |  |
|---|---|--|
| <input checked="" type="checkbox"/> Examples/Analogies                | <input type="checkbox"/> Facilitated Discussion             | <input type="checkbox"/> Case study exercises      |
| <input type="checkbox"/> Matching Question and Answer                 | <input checked="" type="checkbox"/> Q&A period              | <input type="checkbox"/> Develop a plan            |
| <input type="checkbox"/> Fill in the blank                            | <input type="checkbox"/> Small Group Breakouts/Report Back  | <input type="checkbox"/> Demonstration             |
| <input type="checkbox"/> Review                                       | <input type="checkbox"/> Large Group Discussion/Report Back | <input type="checkbox"/> Simulation                |
| <input type="checkbox"/> Pre/post-test                                | <input type="checkbox"/> Role playing                       | <input type="checkbox"/> Hands-on (skill-building) |
| <input type="checkbox"/> Immediate feedback (polls, prompt questions) | <input type="checkbox"/> Reflective writing exercise        | <input type="checkbox"/> Other, specify _____      |
|   | <input type="checkbox"/> Problem exercise                   |  |

## REFERENCES\*

**Provide references used to develop your program content and that support your learning objectives.**

Kerbel YE, Smith CM, Prodomo JP, Nzeogu MI, Mulcahey MK. Epidemiology of Hip and Groin Injuries in Collegiate Athletes in the United States. *Orthop J Sports Med.* 2018 May 11;6(5):2325967118771676. doi: 10.1177/2325967118771676. PMID: 29780846; PMCID: PMC5952296.

Dick AG, Houghton JM, Bankes MJ. An approach to hip pain in a young adult. *British Journal of Sports Medicine* 2021;55:290-294

Kuhlman GS, Domb BG. Hip impingement: identifying and treating a common cause of hip pain. *Am Fam Physician.* 2009 Dec 15;80(12):1429-34. PMID: 20000305.

<https://www.racgp.org.au/afp/2014/april/hip-pain-in-young-adults>

Schmaranzer F, Kheterpal AB, Bredella MA. Best Practices: Hip Femoroacetabular Impingement. *AJR Am J Roentgenol.* 2021 Mar;216(3):585-598. doi: 10.2214/AJR.20.22783. Epub 2021 Jan 21. PMID: 33474984; PMCID: PMC8116615.

Terrell SL, Olson GE, Lynch J. Therapeutic Exercise Approaches to Nonoperative and Postoperative Management of Femoroacetabular Impingement Syndrome. *J Athl Train.* 2021 Jan 1;56(1):31-45. doi: 10.4085/1062-6050-0488.19. PMID: 33112956; PMCID: PMC7863596.

Anzellotti G, Iacomella A, Grancagnolo M, Bertolino EM, Marcacci M, Sconza C, Kon E, Di Matteo B. Conservative vs. Surgical Management for Femoro-Acetabular Impingement: A Systematic Review of Clinical Evidence. *J Clin Med.* 2022 Oct 2;11(19):5852. doi: 10.3390/jcm11195852. PMID: 36233719; PMCID: PMC9572846.

Mayes, Susan PhD\*,†; Ferris, April-Rose PT‡; Smith, Peter MBBS, FRANZCR§; Cook, Jill PhD†. Hip Joint Effusion-Synovitis Is Associated With Hip Pain and Sports/Recreation Function in Female Professional Ballet Dancers. *Clinical Journal of Sport Medicine* 30(4):p 341-347, July 2020. | DOI: 10.1097/JSM.0000000000000595

Mayes, Susan BApp Sci (Physio), PhD\*,†; Smith, Peter MBBS, FRANZCR‡; Stuart, Debbie BApp Sci (Physio, Hons)†; Cook, Jill BApp Sci (Physio), PhD†. Joint Hypermobility Does Not Increase the Risk of Developing Hip Pain, Cartilage Defects, or Retirement in Professional Ballet Dancers Over 5 years. *Clinical Journal of Sport Medicine* 31(6):p e342-e346, November 2021. | DOI: 10.1097/JSM.0000000000000862

Vasco V. Mascarenhas, Paulo Rego, Pedro Dantas, Fátima Morais, Justin McWilliams, Diego Collado, Hugo Marques, Augusto Gaspar, Francisco Soldado, José G. Consciência, Imaging prevalence of femoroacetabular impingement in symptomatic patients, athletes, and asymptomatic individuals: A systematic review, *European Journal of Radiology*, Volume 85, Issue 1, 2016, Pages 73-95

Griffin DR, Dickenson EJ, O'Donnell J, et al. The Warwick Agreement on femoroacetabular impingement syndrome (FAI syndrome): an international consensus statement. *British Journal of Sports Medicine* 2016;50:1169-1176

Borgstrom, Haylee MD, MS\*,†; McInnis, Kelly C. DO\*,†. Female Athlete Hip Injuries: A Narrative Review. *Clinical Journal of Sport Medicine* 32(1):p 62-71, January 2022. | DOI: 10.1097/JSM.0000000000000857

## PROGRAM OVERVIEW

### TARGET AUDIENCE\*

**Who will benefit from attending this program?** Select all that apply.

- |   |  |
|---|--|
| <input type="checkbox"/> Administrator                          | <input type="checkbox"/> Dietician/Nutritionist                      |
| <input checked="" type="checkbox"/> Advanced Practice Clinician | <input type="checkbox"/> Health Educator/Health Promotion Specialist |

☐ Health Information Management Professional  
☐ Mental Health Professional  
☒ Nurse  
☐ Pharmacist  
☒ Physician

☒ Psychiatrist  
☐ Student Affairs Professional  
☒ Athletic Trainer, Physical Therapist  
Other, specify:  
\_\_\_\_\_

## TYPE OF SUBMISSION\*

Choose the time length most appropriate for your session's topic, objectives, and content. Select one.

Note that we may not be able to accommodate your preference.

I can adjust my General Session for either 60 or 90 minutes

## ABSTRACT\*

Presenting the common causes of hip pain and their management in college students with specific focus on dance athletes. We will describe common presentations, pathology, examination techniques, and management strategies with an emphasis on our multidisciplinary team approach at the University of Wisconsin-Madison Health Services. Hot button topics including femoral acetabular impingement, femoral stress fractures, along with rehabilitation and prevention techniques will be addressed through case studies with dance program athletes.

## DEIJA CONTENT

**Does your program address diversity, equity, inclusion, justice and/or accessibility?** If it is clear in the session title, abstract, and/or learning objectives how your session addresses DEIJA, you can skip this question. If it is not clear, describe how it explores or addresses systemic barriers that impede marginalized populations from achieving health outcomes. These systems may include, but are not limited to social, economic, demographic, cultural, or geographic policies, processes, and practices that create barriers for specific populations.

We are working with a population, dance program athletes, that is often under-researched in the sports medicine field. There are a lack of specific guidelines for the assessment and management of dance injuries and hip pain in dancers.

## PHARMACOLOGY CONTENT

**Will your presentation include content related to pharmacology?\***

If yes, please ensure that your objectives and content above validate the pharmacology component.

No

If yes, please estimate the percentage of session content related to pharmacology.

# PRIMARY PRESENTER BIO AND DISCLOSURE FORM

*The Program Planning Committee will not be given presenter or co-presenter names or institution/employer names. Please make sure you provide complete biographic/demographic information below so that they have as much information as possible as they make their selections.*

**Program Title\*:** Hip Pain in College Students: A Multidisciplinary Approach to Evaluation, Diagnosis, Management, and Prevention in an academic dance program.

List your completed academic degree(s), institution where the degree was earned, and major or specialty area.

Degree	Institution	Major/Specialty Area
MD, Wake Forest University School of Medicine		

List any current certifications (e.g., CHES, APN, LPC):

MD, CAQ PCSM, RMSK
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## BIOGRAPHICAL QUALIFICATION STATEMENT\*

I am qualified to give this specific presentation because...

I have been working as a physician in our Primary Care student health clinic for the past year as the musculoskeletal and sports medicine expert. I am fellowship trained in Primary Care Sports Medicine and board certified in Family Medicine. Previously, I worked in sports medicine and orthopedic clinics caring for athletes and patients of all ages and activity levels. My clinical experience has included the evaluation, diagnosis, and management of hip pain in patients of various activity levels and ages with special interest in femoral acetabular impingement and femoral stress fractures. I have been a team physician at the high school, university, and professional level. I have interest and expertise in dance medicine having served as medical director for University of North Carolina School of the Arts and worked extensively with their dance athletes and athletic trainers.

## OTHER DEMOGRAPHICS

Check all that apply related to yourself or your institution. If you are not at an institution of higher education, you may skip those sections.

Areas of Practice (past or present)	Institutional Demographics	Student Population
<input checked="" type="checkbox"/> Administration <input type="checkbox"/> Health Promotion/Wellness <input checked="" type="checkbox"/> Clinical Services <input type="checkbox"/> Mental Health/Counseling <input type="checkbox"/> Pharmacy <input type="checkbox"/> Student Affairs <input type="checkbox"/> Other: _____	<input type="checkbox"/> 2-year institution <input checked="" type="checkbox"/> 4-year institution <input type="checkbox"/> Public institution <input type="checkbox"/> Private institution <input type="checkbox"/> HBCU <input type="checkbox"/> Other minority-serving institution <input type="checkbox"/> Other: _____	20,000 or more

## CONFLICT OF INTEREST (COI) DISCLOSURE

### POLICY

☒ Yes I have read, fully understand, and agree to adhere to the conflict of interest information above and below.\*

### DISCLOSURE OF RELATIONSHIP(S)

During the past 24 months have you had a financial, professional, or personal relationship (including self-employment and sole proprietorship) with a company (as defined above)?\*

If you have a financial relationship with a company but aren't sure whether it fits the definition above, it's best to check yes and include the information.

No

If yes, list the full company name(s) with the specific relationship(s). Also indicate whether the CE content over which you have control contains information about products or services of the ineligible company.

Name of Ineligible Company	Nature of the Financial Relationship	Has the Relationship Ended?	Does the program contain information about products or services of the company.

		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

**OFF-LABEL USE**

Will your presentation include discussion of off-label, experimental, and/or investigational use of drugs, devices, medical procedures, or interventions?\*

No

If yes, list drugs, devices, and/or procedures to be discussed.