Editor’s Welcome
Parminder J. Singh

Welcome to ISHA NEWS 2019. We are proud to announce our society is celebrating its 10th year. This is our sixth edition of the annual newsletter and I would like to express my thanks to the editorial sub-committee Vikas Khanduja, Addenbrooke’s, Cambridge University Hospitals NHS Trust, UK and Associate Professor Marcelo Queiroz from Santa Casa de São Paulo Medical School, São Paulo, Brazil. In addition, a special thanks to all the contributors of this year’s edition of the newsletter.

ISHA would like to thank our current President Marc Philippon for leading the society through 2019. Dr Philippon discusses how our society will continue to focus on education, evidence-based innovation and collaboration within the field of hip surgery. Dr Philippon discusses how we will want to critically evaluate the use of labral end-to-end reconstruction vs. augmentation and the latest techniques in cartilage repair.

Dr Philippon’s goal is to help ISHA gain financial stability and provide the best product available to our members. Dr Philippon discusses the creation of a new advisory board with our industry partners.

ISHA would like to thank our Executive Director Anna Lozinska-Brown for her enormous efforts to run our society so smoothly and the preparatory work for the upcoming Madrid meeting.

The ISHA Scientific Chairman Dr Damian Griffin and the programme committee has been working hard on the 11th Annual Scientific Meeting Programme. Professor Griffin’s team have created an educational academic programme that will be based around the theme of “The Hip Preservation Team”. The debates will be big events on very controversial subjects: surgery or physiotherapy for FAI syndrome; primary labral reconstruction; and early intervention for the hip at risk. For the first time this year there will be a poster competition for the best team poster.

With the success of the first Asian meeting in Melbourne, the second Asian meeting will be another great opportunity to meet our Asian colleagues and share knowledge, experiences and culture. A half-day meeting will be devoted to the Asian society before the main meeting in Madrid.

ISHA would like to thank our host Co Chairman Dr Luis Pérez Carro and Dr Oliver Marin-Peña for all their enormous preparatory work for the forthcoming 11th Annual Scientific Meeting and look forward to the contribution of the Spanish-speaking world to hip preservation. Our society members are thrilled to be visiting and exploring the wonderful European city of Madrid.

ISHA was delighted to have awarded prizes to Mr Pranai Buddhdev, Dr Keisuke Uemura, Professor John O’Donnell and physiotherapists Ashley Campbell, David Georgy and Emma Glynn.

Article commentary provides unique independent insights into topic published articles. Mr Ajay Malviya from the UK provides an article commentary on the paper “Hip Arthroscopy in Patients Aged 50 Years or Older: Minimum Five-Year Outcomes, Survivorship, and Risk Factors for Conversion to Total Hip Replacement.”

The role of registries is continuing to influence orthopaedic practice around the world. The UK National Arthroplasty Hip Register (NAHR) continues to grow year on year with more than 2,000 cases contributed in 2018 and with almost 12,000 total procedures recorded in the registry to date; this includes 5,212 arthroscopies for FAI, 444 arthroscopies for extra-articular pathology, 896 PAOs and 98 femoral osteotomies. Mr Vikas Khanduja, Chairman of the UK Non-arthroplasty register provides an insightful summary of their latest annual report.

The physiotherapy group has been a valuable and well-respected part of the ISHA meetings. This year we hear from Associate Professor Amir Takla (Australia) and Professor Mike Voight (USA) Co-Chairs of the Physiotherapy Group on the physiotherapists prospective on their approach to hip preservation. There will be a detailed physical therapy assessment of complex hip conditions, advanced strength and conditioning as well as sports specific return to sport drills. There will be an opportunity to hear from international tennis & golf coaches about the challenges of athletes returning from hip and groin pain.

The Chairman of the ISHA Research Committee Dr Hal Martin from the USA been making great progress on how the creation of an US and internationally accepted physical examination of the hip and we hear how Dr Srino Bharam is leading a team to create an international hip preservation registry. We will also hear about some recent insights into some new recent finite element analysis work.

This year our ISHA Membership Committee Chair Mr Tony Andrade has passed on the baton to Dr Al Stubbs. ISHA would like to take the opportunity to thanks Tony for his dedication and hard work over the years. We would also like to welcome our new membership chair Al Stubbs from the USA. This year Al Stubbs the Membership Committee Chair reports the latest figures comprising 427 members who are in good standing and current on their annual dues. Our members are based on five continents and hail from over 30 countries. We would like to thank each and every one of you for your ongoing support.

The ISHA Fellowship programme continues to add value to the training of surgeons around the world. For the second time, Chairman of the ISHA Fellowship Professor Damien Griffin updates us on all you need to do to advertise your fellowship programme in Madrid.
This year we welcome our ex-president Josip Chuck Cakic from South Africa as the new Chairman of the Education Committee. This year we hear from one of the travelling fellow’s Dr Pranai Buddhdev on their ISHA Travelling Fellowship. ISHA would like to take this opportunity to thank all the hosting surgeons from around the world. We will hear from our second ISHA Fellow Lee Ekert in 2020 due to the timing of the fellowships. Dr Cakic is pleased to announce several new and exciting initiatives. In particular, how ISHA is establishing a brand-new regional fellowship programme and the completion of Phase 1 of the “Presidential Initiative – The Delphi Consensus Study. In addition, we will also hear about a new educational collaboration with ESSKA and the European Hip Society. ISHA is also proud to announce a new relationship with Proximie that will allow one to one interaction.

Dr Derek Ochiai updates us on the social media report. Dr Ochiai reports on how ISHA has expanded our Twitter reach from 455 to almost 700 followers. This year we hear about the growing educational opportunities in Latin America. For the first time we are pleased to hear from Marcelo Queiroz in Brazil about the Brazilian Hip Preservation Symposium. This meeting was organised by the Brazilian Hip Society with ISHA support, which took place on April 4-6th 2019. The society brought together world experts in hip preservation surgery over a 3-day conference. The meeting had an excellent audience with 315 participants and 90 workshop attendees. Likewise, for the first time we hear from Dr Masayoshi Saito & Dr Yuichi Kuroda, who are from Japan and recently completed their fellowships in hip preservation surgery and the status of hip preservation surgery in Japan.

This year for the first time we hear from the lead author of the upcoming first International Best Practice Guidelines in arthroscopic management of Femoro acetabular Impingement (FAI). Sarkhell S. Radha from the UK, shares an interesting autobiographical account “From an asylum seeker to a successful Trauma and Orthopaedic surgeon”. Dr Radha provides a unique personal account of the struggles, challenges, fear and success, a Trauma and Orthopaedic Surgeon faced fleeing the war-zone Iraq.

Evidence-based medicine (EBM) was introduced as a formal concept by Gordon Guyatt at McMaster University. This has been widely recognised as a major advance in understanding how to apply research to clinical practice. This year we hear from Olufemi R. Ayeni from McMaster University, Canada, his insights on the role of ‘Systematic Reviews and Meta Analyses in Hip Arthroscopic and Preservation Surgery: Helpful or Hurtful.’

MRI can be now be used in three different ways; to examine the morphology of the joint and the structures within, to examine the structural integrity of articular cartilage and to examine the quality of articular cartilage. This year we hear from Professor Siôn Glyn-Jones in the UK on a review article of recent advances in imaging for FAI. Professor Glyn-Jones provide a guide to some of the recent advances in different MRI imaging modalities when assessing patients for joint preserving surgery. Professor Glyn-Jones shares some of Oxford’s experience with the 7 Tesla MRI scanners and the role of artificial intelligence and machine learning. Infographics are graphic visual representations of information, data or knowledge intended to present information quickly and clearly.

They can improve cognition by utilizing graphics to enhance the human visual system’s ability to see patterns and trends. For the first time ISHA is pleased to present its first infographic article led by Mr Vikas Khanduja on complications of hip arthroscopy.

This year Al Stubbs from the USA shares with us some of the highlights of our 10-year anniversary meeting in Melbourne. Our society would like to thank all those of you who supported us and travelled last October to Melbourne, Australia. A particular special thanks to Nicolas Bonin, Programme Chair, and chief local host John O’Donnell, Faculty, Anna Lozinska Brown, and the meeting sponsors including: Gold sponsors Smith and Nephew, Silver sponsors Arthrex, ConMed, Karl Storz, Medacta, Stryker, St Vincent’s Hospital East Melbourne, Zimmer Biomet. We would also like to thank Parcus Medical, Reveale Surgical, Össur OA, Gameready, TRICE, I Med Radiology, Socrates Ortho, Orthocell, Xodus Medical and Virtamed. Most of all ISHA would like to thank the 600 registrants who were present for the meeting.

Looking forward to seeing you all in Madrid!

Parminder J Singh MBBS, MRCS, FRCS (Tr&Orth), MS, FRACS
Editorial Committee Chairman of ISHA - The Hip Preservation Society

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Greetings from Vail, Colorado. I hope you are all enjoying a beautiful summer. As I reflect on the success of our society, I cannot help but admire how fast our profession has evolved over the past 50 yrs. My father is a general surgeon who was trained in almost all surgical sub-specialties. He always treated his patients with utmost compassion. We are now more focused on our training, but we still have the same compassion in treating our patients. It is amazing to think that some of us are performing surgeries only in the hip joint.

Sir John Charley made a major breakthrough in low friction arthroplasty which became without a doubt one of the most successful operation of the last century. ISHA is a hip joint preservation society. We should be proud of what we have accomplished over the past decade with validation of new treatments for hip disorders, successful meetings globally and access to Fellowships to train surgeons from all continents. It is an exciting time for hip arthroscopy. More and more, our success in improving patient outcomes has been driven by evidence-based medicine. In 2018, the Lancet published an original Level 1 evidence research article supporting the use of hip arthroscopy for the treatment of FAI, bringing international recognition to our field and highlighting the positive impact of hip arthroscopy. We congratulate the research team on their milestone accomplishment. Prevention, treatment of FAI by hip arthroscopy, peri-acetabular osteotomy are new procedures that are now used routinely for joint preservation surgery. We will continue to focus on education, evidence-based innovation and collaboration within the field of hip surgery. There are several areas we continue to pursue in our quest for achieving the best patient outcomes. One close to my heart is labral reconstruction. Several years ago, we embarked on a long-term research plan to determine its efficacy. First, we investigated the biomechanical implications of labral tissue loss and the subsequent effects of replacing lost tissue. We found that by replacing the tissue, you can restore the suction seal. Following our biomechanical research, we reported good outcomes in patients 2 to 5 years following surgery and performed similar studies in athletes. Currently we are undertaking a study on 10-year outcomes. Recently, we reported on an adaptation of labral reconstruction: labral augmentation.