



ISHA Webinar
The Basics of Hip Arthroscopy – Video Pearls
Saturday 22 March 2025

FORMAT:

- 5-minute individual talks with video
- 10-minute panel discussion

CHAIRS:

Mr Jonathan Hutt, UK
 Dr Mike Ellman, USA

FACULTY:

Carlomagno Cardenas (Spain), Jit Balakumar (Australia),
 Bent Lund (Denmark), Pedro Dantas (Portugal)

| Time (EST) | Topic | Speaker |
|----------------|---|---|
| 9:00 - 9:05 AM | Chair Introduction and Objective Setting | Mr Jonathan Hutt, UK Dr Mike Ellman, USA |
| 9:05 - 9:10 | Portal options – how to position and maximise use | Dr Jit Balakumar, AUS |
| 9:10 - 9:15 | Central First - Capsulotomy with Repair | Dr Bent Lund, DEN |
| 9:15 - 9:20 | Peripheral Compartment First | Dr Pedro Dantas, POR |
| 9:20 - 9:25 | Alternative Peripheral Compartment access for challenging cases | Dr Mike Ellman, USA |
| 9:25 - 9:35 | Discussion and Questions | |
| 9:35 - 9:40 | Optimising rim exposure, view and recession including AIIS | Dr Carlomagno Cardenas, ESP |
| 9:40 - 9:45 | How and why I use knotless anchors | Dr Bent Lund, DEN |
| 9:45 - 9:50 | How and why I use knotted anchors | Dr Pedro Dantas, POR |
| 9:50 – 10:00 | Discussion and Questions | |
| 10:00 – 10:05 | Optimising cam exposure and avoiding under or over resection | Dr Jit Balakumar, AUS |
| 10:05 – 10:15 | Accessing the lateral and posterior compartments | Dr Carlomagno Cardenas, ESP |
| 10:15 – 10:25 | Discussion and Closing Remarks | |

All translation will be available for attendees in the following languages.

Afrikaans, Albanian, Arabic, Bengali, Bulgarian, Cantonese, Chinese (Simplified), Chinese (Traditional), Croatian, Czech, Danish, Dutch, English (AU), English (US), English (UK), Estonian, Finnish, French (CA), French (FR), German, Greek, Gujarati, Hebrew, Hindi, Hungarian, Indonesian (Bahasa), Irish, Italian, Japanese, Korean, Latvian, Lithuanian, Malay, Maltese, Norwegian, Persian, Polish, Portuguese (BR), Portuguese (PT), Punjabi, Romanian, Russian, Serbian, Slovak, Slovenian, Spanish (ES), Spanish (MX), Swahili, Swedish, Tagalog, Tamil, Thai, Turkish, Ukrainian, Urdu, Vietnamese, Welsh