

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

ASPETAR
أسبیتار

AGENDA

CLINICAL APPROACH TO HIP JOINT-RELATED GROIN PAIN: WORKSHOP

12 October 2025

#Aspetarcon25



Target Audience: Physiotherapists and Physicians

Activity code: HGI-03-P169

Venue: Aspetar Auditorium

Time: 08:30 – 12:00

Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Discuss the key clinical aspects and differential diagnosis of hip joint-related groin pain in athletes.
2. Apply appropriate physical examination techniques to assess hip joint-related groin pain.
3. Evaluate imaging options for hip joint-related groin pain in athletes.
4. Discuss treatment options and rehabilitation strategies for hip joint-related groin pain.
5. Analyse the role of shared decision-making in managing hip joint-related groin pain in a clinical setting.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 3.0 credit hours.

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/ Facilitator
08:30 - 08:40	Introduction to Hip Joint-Related Groin Pain	<ul style="list-style-type: none"> Define hip joint-related groin pain and its prevalence in athletic populations. Discuss the significance of proper diagnosis and early intervention. 	Paul Dijkstra & Enda King
08:40 - 08:50	Case Presentation: Athlete with Groin Pain	<ul style="list-style-type: none"> Analyse a clinical case of hip joint-related groin pain in an athlete. Identify red flags and early signs in the case to guide further assessment. 	Andrea Mosler
08:50 - 09:00	Physical Examination for Hip and Groin Pain	<ul style="list-style-type: none"> Perform key physical examination tests for hip joint-related groin pain. Differentiate between hip joint pathology and other groin pain causes through physical assessment. 	Andrea Mosler & Paul Dijkstra
09:00 - 09:10	Imaging techniques	<ul style="list-style-type: none"> Identify the most appropriate imaging modalities for diagnosing hip joint-related groin pain. Interpret imaging findings in the context of clinical presentation. 	Marcelo Bordalo
09:10 - 09:20	Treatment Options for Hip Joint-Related Groin Pain	<ul style="list-style-type: none"> Compare conservative and surgical treatment options for hip joint-related groin pain. Select the most suitable treatment approach based on the individual athlete's needs. 	Enda King

09:20 – 09:30	Shared Decision-Making in Treatment	<ul style="list-style-type: none"> • Explain the principles of shared decision-making in clinical practice. • Apply shared decision-making in the context of treating athletes with hip joint-related groin pain. 	Sofie Nelis
09:30 – 10:00	Discussion: Question & Answer		All Faculty
10:00 – 10:30	Break		
10:30 – 11:40	Rehabilitation Strategies for Groin Pain	<ul style="list-style-type: none"> • Develop a rehabilitation program for athletes recovering from hip joint-related groin pain. • Integrate principles of progressive loading, strength training, and flexibility into rehabilitation plans. 	Andrea Mosler and Dermot Simpson
11:40 – 12:00	Discussion: Question & Answer		All Faculty

Scientific Planning Committee:

Paul Dijkstra (co-chair), Enda King (co-chair), Andrea Mosler, Marcelo Bordalo, Dermot Simpson, Sofie Nelis, Jolanda Boersma

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 180 min: lecture: 130 min; interactive: 50 min (28%)