

Professor Ernest Schilders, FRCS FFSEM (UK)

Consultant Orthopaedic Hip and Groin Surgeon, FORTIUS Clinic FIFA Medical Centre of Excellence, London and Leeds Beckett University

Professor Ernest Schilders is a specialist in minimally-invasive hip surgery and has a unique professional portfolio combining expertise in hamstring problems, inguinal and adductor-related groin pain and hip arthroscopy. Professor Schilders has treated footballers from all the Barclays Premier League football clubs and Champions league clubs from all the other major European Leagues. He treats professional sports players across multiple other disciplines, including cricket and rugby.

Professor Schilders is the UK's leading expert in adductor problems in athletes. Furthermore, he has particular expertise in the treatment of femoro-acetabular impingement and unparalleled experience in arthroscopic labral repairs and labral grafting of the hip, having performed in excess of 4,000 procedures. He was the first UK-based author to publish a large study regarding femoro-acetabular impingement.

Since 2015 he has held the post of Professor in Orthopaedic Sports Medicine in the School of Sport at Leeds Beckett University. He is an expert in anatomy of the groin, and one of his key discoveries was the existence of the pyramidalis-anterior pubic ligament-adductor longus complex (PLAC), a concept which has revolutionised the understanding of groin pain in athletes.

Professor Schilders has undertaken numerous studies on adductor problems in athletes, researching and designing the state of the art MRI protocol for adductor injuries, conservative management and minimally-invasive surgical treatment. He has pioneered surgical techniques for adductor and PLAC injuries to allow a faster return to play, and protect from recurrent injuries.

Professor Schilders is an internationally recognised expert who treats patients from all over the world, and is sought after as an opinion for complex hip and groin problems, as well as hip preservation. He has a passion for symptom analysis and innovation.