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LECTURE ONLINE**

# Relieving hip pain in teens and active adults

## **HIP PRESERVATION OFFERS HOPE FOR PROLONGING HIGH-LEVEL PHYSICAL ACTIVITY**

**When** Wednesday, March 15, from 7 to 8 p.m. (Mountain Time)

**Where** Watch online. You'll get the link once you register.

Research shows that early intervention for hip problems — whether congenital, developmental, post-traumatic or sports-related — may slow their progression. Hip preservation is a type of intervention for teens and active adults (13 through 60 years) that can improve the structure and function of the hip joint. Conditions that may benefit from hip preservation include:

- Hip impingement
- Avascular necrosis
- Hip labral tear
- Hip dysplasia
- Athletic hip injury
- Snapping hip

Hear Omer Mei Dan, MD, with CU Sports Medicine & Performance Center's Hip Preservation Clinic, professor and chief of CU Hip Preservation Service, describe predisposing risk factors for and the diagnosis of painful hip conditions. He'll then discuss the latest hip-preserving treatments — both non-surgical and minimally invasive surgical options — that can help you return to an active lifestyle.

**RESERVATIONS REQUIRED: [bch.org/HipPreservation](https://bch.org/HipPreservation)**



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