

Monday, January 10, 2022

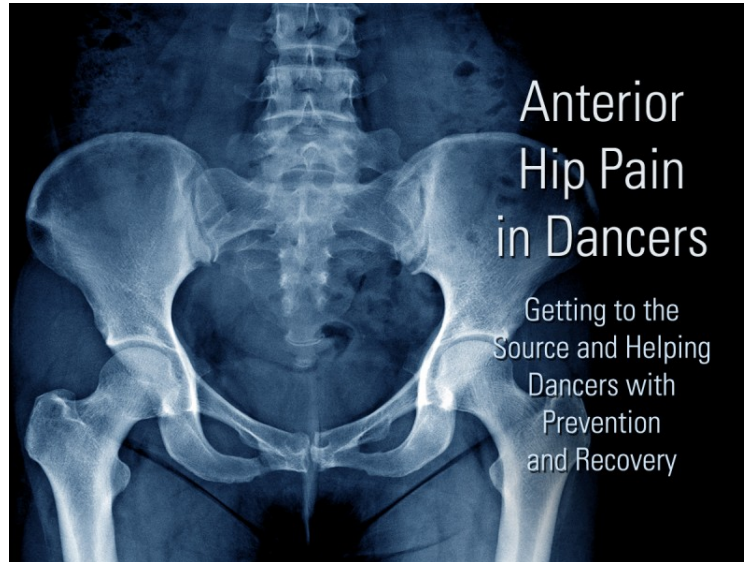
## Anterior Hip Pain in Dancers

Company: NYU Langone's Harkness Center for Dance Injuries

Venue: Harkness Center for Dance Injuries

Location: New York, NY

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### Anterior Hip Pain in Dancers

Getting to the Source and Helping Dancers with Prevention and Recovery

A Virtual Workshop for Dance Educators by NYU Langone's Harkness Center for Dance Injuries

with Sarah Plumer-Holzman, PT, DPT

Monday, January 10, 2022

9:00 – 10:30 AM EST

Join the live webinar or view the recording.

In Part 1 of this workshop geared towards dance educators, Harkness Center physical therapist Sarah Plumer-Holzman will identify the symptoms and contributors to pain in the front of the hip (also known as anterior hip pain) in the dancer population, provide a brief anatomy of the hip and pelvic region, and discuss diagnoses in relation to actions educators can take to avoid or help dancers recover. In Part 2, she will provide practical guidance in observation skills to look at contributing postural and technique faults. The course will conclude with a practical progression in training that will help dancers improve strength, flexibility, and refinement of movement skills addressing anterior hip pain.

Fee: \$30

Register HERE: <https://www.dancemedu.org/learn/anterior-hip-pain-in-dancers>

NYU Langone's Harkness Center for Dance Injuries

614 2nd Ave 2G

New York, NY, 10016

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Schedule

January 10, 2022: 9:00am

[< back](#)

[previous listing](#) • [next listing](#)