

Saturday, December 6, 2025

Harkness Saturday Series - Total Hip Replacement: Preparation & Recovery

Company: Harkness Center for Dance Injuries

Venue: ZOOM through Harkness Center for Dance Injuries

Location: New York, NY

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Harkness Center for Dance Injuries proudly offers in-person and virtual Harkness Center Saturday Series workshops for the dance community.

DECEMBER 2025 WORKSHOP

Topic: Total Hip Replacement: Preparation and Return to Dance

When: Saturday, December 6, 2025 at 11:00 AM EST

Format: VIRTUAL (Zoom)

Description: Getting a total hip replacement (THR) is a major life decision. Dancers considering and pursuing this procedure often navigate complex emotions as well as logistics. But the recovery process and post-surgery career and life can be rewarding and even transformative.

Physical therapist Dr. Sarah Plumer-Holzman specializes in treating the hip at the Harkness Center for Dance Injuries. In this virtual Saturday Series workshop, she will offer insights on pre-THR considerations and the elements important for success when getting back to dance post-procedure.

Harkness Center for Dance Injuries

Address provided upon registration

New York, NY, 10016

2125986054

<https://www.eventbrite.com/e/harkness-saturday-series-total-hip-replacement-preparation-recovery-tickets-1680905055269?aff=oddtcreator>

Schedule

December 6, 2025: 11:00am

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