

# AWARENESS

Events to Look Forward to From Us!

# Miles4Hips

## Creating a Culture of Innovation

By Kaya Frazier, Board Member



Thank you for sharing your Hip Dysplasia stories!

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# Year in Review 2025

## Research & Collaboration

This year, we partnered with Hippy Lab in Vancouver, helping ensure that lived experiences remain central to shaping hip research and care. Our survey is currently open for adult hip dysplasia patients who are interested!



## Global Impact

Our Day of Movement in October united participants worldwide, celebrating movement in all its forms and highlighting the strength and diversity of our community.

Some of our other projects and initiatives from throughout the year are highlighted below! In addition to these, we also expanded our educational resources and continued our Patient Experience Interviews so check those out on our website and social media!



# M4H ARCHIEVES: TEAM WEEK SERIES 2023-2025

## WHAT IS A TEAM WEEK?

We hosted 3 “Team Weeks” over the past few years. We interviewed different members of the hip dysplasia team who come together to optimize hip dysplasia care experiences and outcomes.

[Link to Team Week 2025:](#)



[Link to Team Week Page:](#)



[Link to Team Week 2024:](#)




[Link to Team Week 2023:](#)

# UPCOMING



Join us from April 19th-25th as we learn about how hip dysplasia presents, how it is treated, and how it impacts people from infancy through adulthood.

## HIP DYSPLASIA Miles4Hips ACROSS THE LIFESPAN


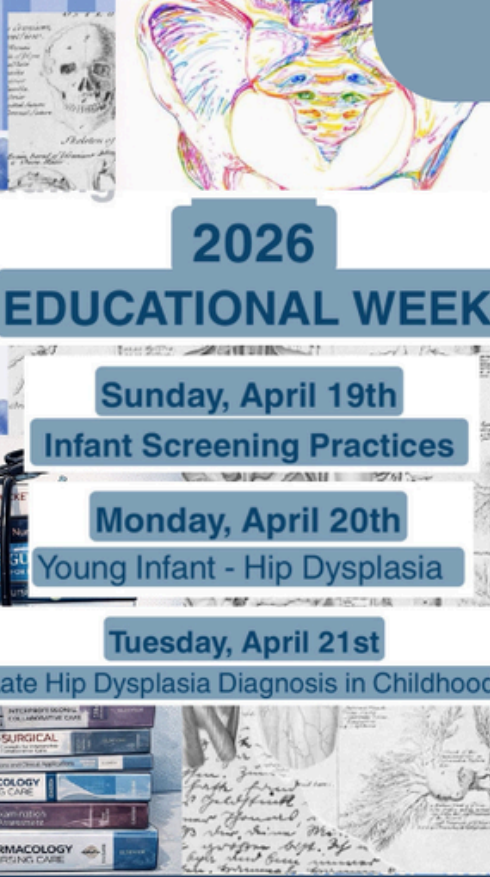


**2026  
EDUCATIONAL WEEK**

**Sunday, April 19th**  
Infant Screening Practices

**Monday, April 20th**  
Young Infant - Hip Dysplasia

**Tuesday, April 21st**  
Late Hip Dysplasia Diagnosis in Childhood


**Wednesday, April 22<sup>nd</sup>**  
Teens & Adults - Symptoms & Diagnosis

**Thursday, April 23<sup>rd</sup>**  
Teens & Adults - Non-Surgical Management

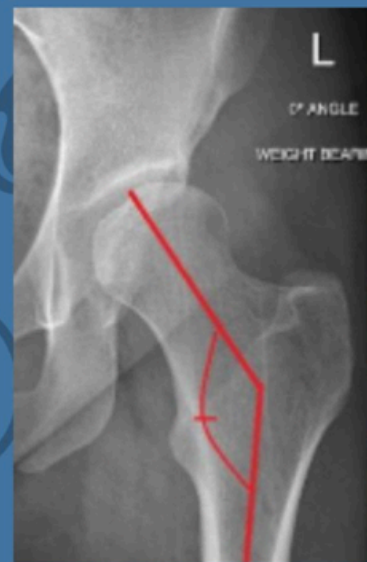
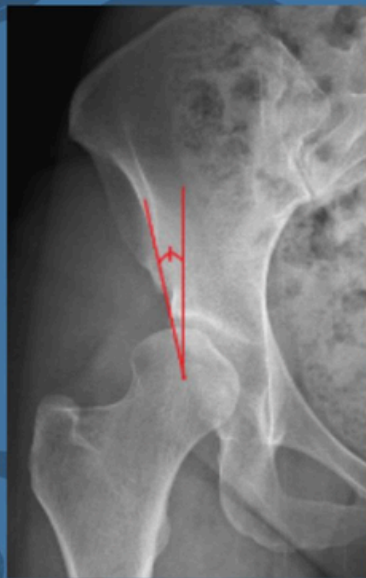
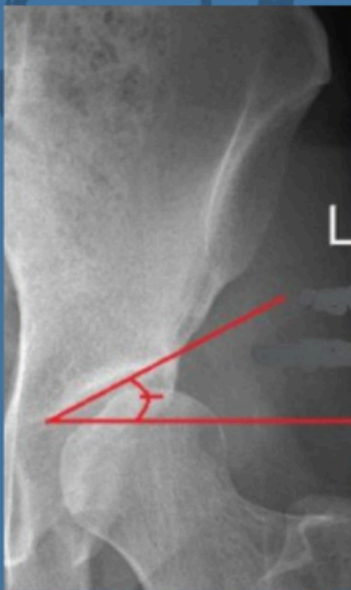
**Friday, April 24th**  
Teens & Adults - Surgical Management

**Saturday, April 25th**  
Psychosocial Impacts of Hip Dysplasia




# Check out our updated resource on common X-Ray measurements used to assess hip dysplasia!

*What's With All the Angles?*



**Miles Hips**

[CLICK HERE](#)



Keep an eye out for educational resources on MRI and CT scan measurements coming soon!

# RESEARCH OPPORTUNITY!



## Adult Hip Dysplasia

**We want to hear from YOU!**

By sharing your experiences, you can help shape better care and support for others on a similar journey.

Got 20 minutes?  
Complete our survey for a chance to win 1 of 3 \$500 Amazon gift cards!



Open for participation:  
March 10, 2026 – June 10, 2026



### WHO CAN PARTICIPATE?

- To be eligible, you must:
- Be 18 years of age or older
  - Have a confirmed diagnosis or treatment for hip dysplasia
  - Have no underlying genetic or neuromuscular conditions

**SCAN TO PARTICIPATE!**

**CONTACT US**  
tarini.boparai@cw.bc.ca  
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# Miles 4 Hips



Tshirt contest  
coming soon!

Keep Your 🙄's  
On the lookout for  
more  
information!!



# Miles4Hips

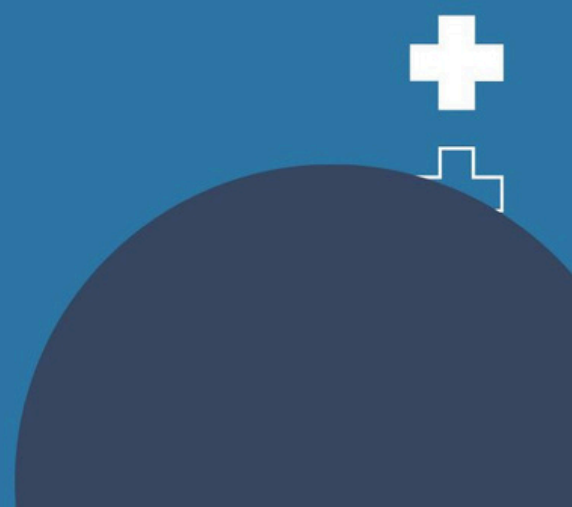
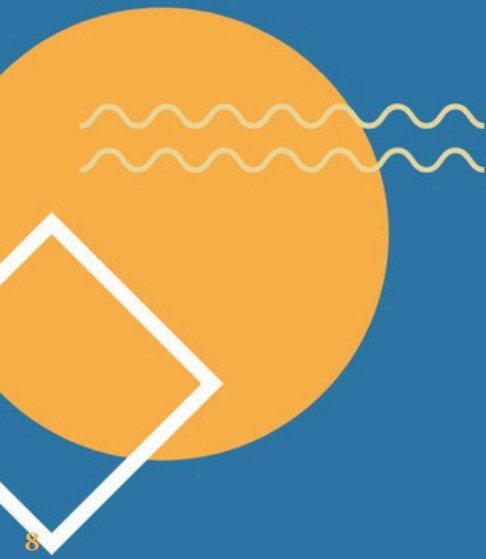
JUNE, 2026



# COMING SOON

June is Hip Dysplasia Awareness Month.

Make sure to follow us as we raise awareness and celebrate the amazing work being done around the world to improve the experiences and outcomes for those impacted by hip dysplasia.





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FOLLOW US ON SOCIAL MEDIA

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**INSTAGRAM**

**[OUR WEBSITE](#)**