

AWARENESS

Events to Look Forward to From Us!



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 22nd

Teens & Adults - Symptoms & Diagnosis

Thursday, April 23rd

Teens & Adults - Non-Surgical Management

Friday, April 24th

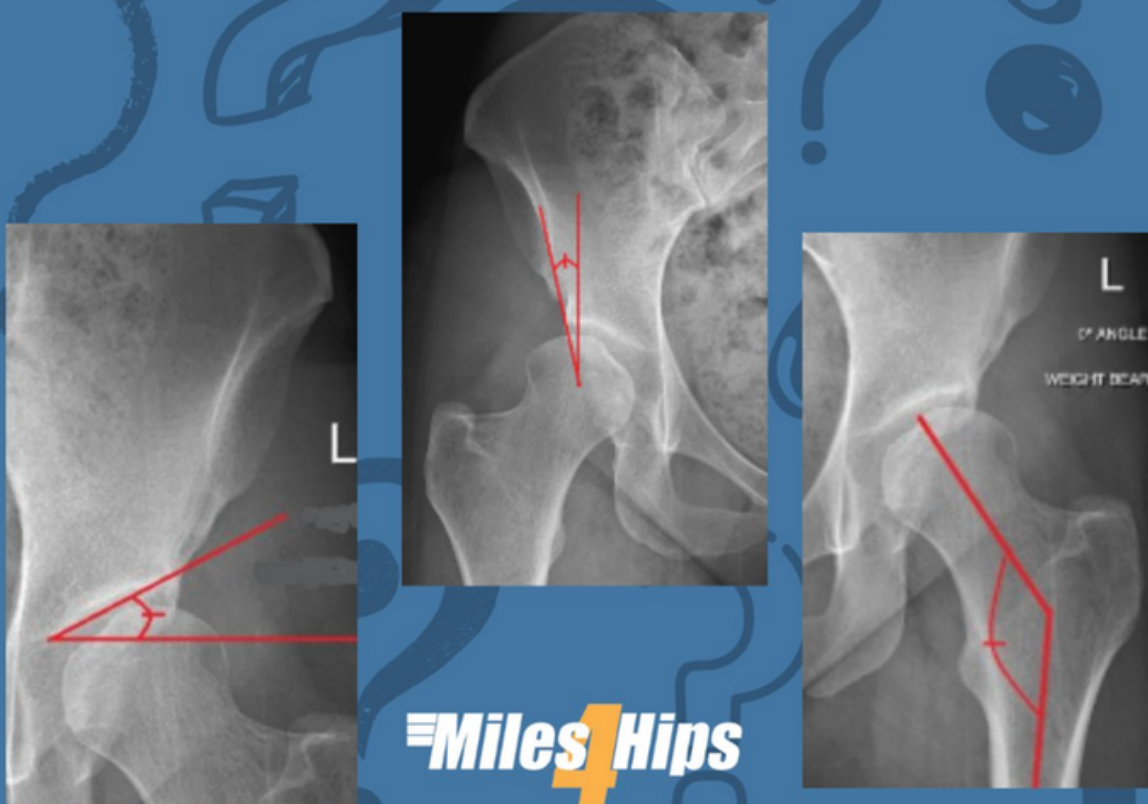
Teens & Adults - Surgical Management

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?



[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

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Miles4Hips



Tshirt contest
coming soon!

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



Miles4Hips

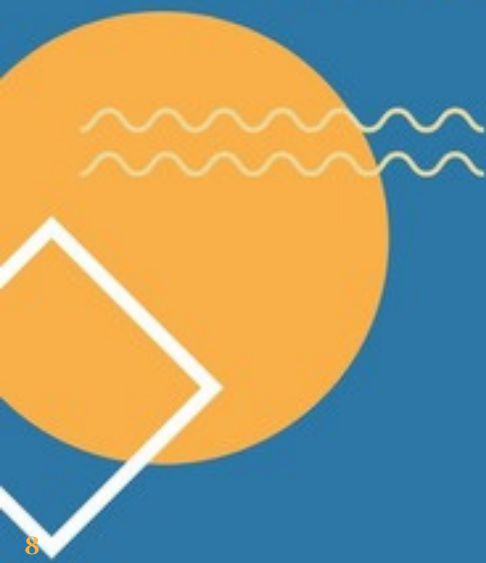
JUNE, 2026



**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.





FOLLOW US ON SOCIAL MEDIA



YOUTUBE



FACEBOOK



INSTAGRAM

[OUR WEBSITE](#)