

# Why does your hip Snap Crack & Pop?

Join local dance medicine experts  
for a symposium on Taking Care of Your Dancer Hips.

Saturday, February 25th  
2:00 -- 5:00 p.m.  
Ballet Nova Center for Dance  
3433 Carlin Springs Road  
Falls Church, VA

Tuition: \$15

Target Audience:  
All dancers 15 years of age and older

Registration required:  
[www.bodydynamicsinc.com](http://www.bodydynamicsinc.com)

- Anatomy of a Dancer's Hip
- Pathways To Hip Injuries In Dancers
- Medical Management Of Hip Injuries
- Movement Session\*:  
Warming-up Your Hips to Prepare for Dance
- Movement Session\*:  
Restoring Hip Health after You Dance

\* Please wear comfortable clothing so  
that you can participate in the movement sessions

Dr. Derek Ochiai is a frequent associate Master Instructor at the Orthopaedic Learning Center in Hip Arthroscopy, a member of the International Society for Hip Arthroscopy (ISHA), medical advisor to Inside Lacrosse magazine, and a principal member of The Washington Ballet Alliance of Medical Providers.

Body Dynamics, Inc directs the Health and Wellness Program at The Washington Ballet; formerly directed the PT and Conditioning Program at the Kirov Academy; and are frequent contributors to the International Association for Dance Medicine and Science, the Dance USA Taskforce on Dancer's Health, and "The Principals of Dance Medicine" education track presented by the Harkness Center for Dance Injuries.

**Body  
Dynamics**  
Physical Therapy & Wellness Center **INC**  
*Helping You Get Better, Stronger, Faster*

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