

LATEST UPDATES FROM AMERICAN HIP INSTITUTE  
We are on a mission to educate, innovate, and offer the most advanced and comprehensive treatment options for injuries of the hip joint.

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### Featured Comeback Story



#### Alayna Hogston A Teen's 3-Year Journey from Pain to Recovery

Not many 17-year-olds experience hip surgery, but for Alayna, it was the best option to get her back to the active lifestyle and sport she loves so much.

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## Minimally Invasive Total Hip Arthroplasty

by Dr. Benjamin Domb

A hip replacement, also known as total hip arthroplasty, is usually done when severe damage from arthritis or injury has made it difficult for you to perform routine activities because of severe hip pain or a restricted range of motion. With a minimally invasive hip replacement, you can expect to get back to your active lifestyle with minimum delay.

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## What Does a Hip Labral Tear Feel Like?

by Dr. Ajay Lall

A clicking or locking feeling in the hip, deep pain in the buttocks or groin area, and stiffness of the hip that disrupts normal function are some of the common signs and symptoms of a hip labral tear. Hip labral tears are difficult to diagnose and are often misdiagnosed for many months after the tear occurs.

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