

The Developing Hip Research Project

Watching Hips *grow*

Painful disorders such as hip osteoarthritis have been linked to playing certain sports during adolescence. This McMaster University study is looking to see what impact different levels of activity in daily life among children (ages 12-14) affects the development of the bones in their hips as they grow.



Your child may qualify for the research project if they are:

- Between the ages of 12 and 14
- Do not have any hip mobility issues
- Play sports or don't play sports
- Are willing to wear an activity tracker on their wrist for one week every 3 months for 2 years
- Are willing to have an MRI (magnetic resonance imaging) performed twice in a period of 2 years. Please note that an MRI involves NO radiation.

Kids get a free Garmin vivofit activity tracker to keep during and after the study is complete

All participants who complete their 2 year MRI visit will be entered into a draw for a \$100 gift card

GARMIN.

SPORTS & FITNESS
FITNESS TRACKING



For more information about this study, please contact Nicole Simunovic (simunon@mcmaster.ca) or Andrew Duong (duonga@mcmaster.ca, at 905-923-2126).

