I like to highlight efforts of individual members each month, and this month I want to shine a light on the contributions of Dr. Al Kozar, DO, FAOASM. Dr. Kozar has been a valuable member of our organization, serving in various capacities and making significant contributions to our field. I encourage all of our members to take note of Dr. Kozar's achievements and to learn from his dedication and commitment to advancing sports medicine.

In terms of upcoming events, there are still three regional conferences available. Please keep an eye out on your calendar and plan to attend one of these conferences if you haven't already. There are also two more free webinars available for you to participate in, so make sure to check them out.

As for AAOMS, they have recently announced that the 2016-2018 cycle of CME requirements will remain open for the next year. This gives Diplomates an extra year to complete their requirements.

In terms of hip impingement, it's important to note that there are different factors that can contribute to it. Some of these factors include asymmetrical loads across the hip joint due to motion-induced instability, static overload of cartilage and labrum in the setting of dysplasia, and ligamentous laxity. Dance, figure skating, and gymnastics are the sports that are most likely to lead to FAI.

If you have any questions or concerns about FAI, please don't hesitate to reach out to Dr. Kozar or any of our other members. We are here to support each other and to help our patients achieve their optimal health.

As always, I encourage you to continue to monitor our website for the latest news and updates. You can also follow us on social media to stay in touch with the latest developments in our field. Thank you for your support and dedication to sports medicine.