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FROM THE COVER

GET TO THE JOINT



He's 80

He's 38

Brian Zuckerman Post

Robert Miller

Still dancing! Finis Jhung

Jhung had the surgery because he wanted to keep working. The octogenarian was once a member of the San Francisco Ballet, the Joffrey Ballet and a principal dancer for the Harkness Ballet. He now teaches five days a week at the Ailey Extension in Midtown West. But decades of constant repetitive motions weren't doing his hip arthritis any favors. Eventually, the pain made it impossible to demonstrate ballet moves to his students.

In August, he had a total hip replacement at the NYU Langone Hip Center and was home from surgery that night. For about

30 minutes a day in the weeks following surgery, he did physical therapy exercises like sit squats, step-ups on a 4-inch riser and 30-second balances on one foot. He's determined to get back to demonstrating ballet moves to his students.

"When I could do a waltz, which is really my favorite step of all, then I knew I was really getting back," he says, boasting that he was able to do so after just 67 days.

Jhung, whose memoir "Ballet for Life" is out this month, says he owes his speedy recovery to his already ballet-strong legs — and his commitment to teaching.

"The reason I had it is so I could do more," he says, "because I have no intention of stopping."