

# AWARENESS

*Updates in the Hip Dysplasia Community!*



## Creating a Culture of Innovation

*By Kaya Frazier, Board Member*



The updated logo for Hip Displasia Awareness Month (June, 2023)

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# TEAM WEEK IN REVIEW

## MARCH 2023

Check out our interviews with members of the hip dysplasia care team!

**PHYSICAL  
THERAPIST**

### **Megan Phillip, PT, DPT**

Megan loves to educate others about hip conditions and hypermobility. She has personal experience with hip dysplasia and had left hip surgery in 2020 and a right periacetabular osteotomy (PAO) in 2022. Megan shared how being a PT influenced her journey with hip dysplasia, and how hip dysplasia has shaped her PT practice.

### **Joel Wells, MD, MPH**

Dr. Wells specializes in arthroscopic and open hip preservation surgery and hip reconstruction. Dr. Wells joined us to discuss the specific role of arthroscopic surgery in treating hip dysplasia.

**HIP  
SURGEON  
ARTHROSCOPY**

**HIP  
SURGEON**

**PERIACETABULAR  
OSTEOTOMY  
SURGERY**

### **Eduardo Novais, MD**

Dr. Novais is a hip preservation surgeon who discussed hip preservation with an emphasis on Periacetabular Osteotomy surgery. Dr. Novais shared some related research and discussed how advancements in this field will positively impact patient experiences and outcomes.

## Eric Smith, MD

Dr. Smith shared his expertise on total hip replacement (THR) and considerations for patients with hip dysplasia. He talked about THR, the general recovery process and outcomes, and new research in the field of arthroplasty.

**HIP  
SURGEON  
THR SURGERY**

**PAIN  
MANAGE-  
MENT**

## Joshua Wellington, MD

Dr. Wellington is a fellowship-trained pain management physician in the United States. He provided insights into the role pain medicine physicians play in managing acute and chronic pain in individuals with hip dysplasia.

## Samantha Strong, LCSW

Samantha discussed the role of social work and mental health therapy for patients and families navigating challenging medical situations. Samantha shared how having a child with hip dysplasia has fueled her passion for this patient population and her desire to develop support groups for patients and families.

**SOCIAL  
WORKER**

**PATIENT/  
FAMILY**

## The Kirby Family

Mother and daughter duo, Molly and Meghan Kirby, shared their experiences navigating Meghan's lifelong history of hip dysplasia and related surgeries as a family. They offered great perspectives of the impact of hip dysplasia on patients and families and provided tips and tricks to navigating hip surgery.

[CLICK HERE TO CATCH ANY INTERVIEWS YOU MISSED](#)

# Hip Dysplasia Awareness Month 2023

## Miles4Hips

For Hip Dysplasia Awareness month in June, we posted hip dysplasia facts, held sticker searches on the website, created our annual Pass the Crutch compilation, and started our Day of Movement t-shirt design contest.

### Hip Dysplasia Awareness Month June, 2023

#### By the Numbers:

Raffle Winners: 4



Katie  
Adeline  
John  
Georgia



New Facebook Posts: 44



Pass the Crutch Videos Received:  
20



Countries represented: 6  
US States represented: 11



New Patient Stories: 12



Quizzes and  
Games: 4

Quiz and  
Game  
Participants:  
66



Tee Shirt  
Contest  
Submissions: 10

Unique Votes  
Received: 821

Age of the  
Designer of the  
Winning "Hip  
Dysplasia  
Strong" Design:  
10

New Instagram Posts: 41



[OUR WEBSITE](#)



# OUR 2023 WINNING T-SHIRT DESIGN

## What Inspired the Design?

The winning t-shirt was designed by 10-year-old Cheyenne in Tennessee, who created it in honor of her sister Audrey, who is 8-years-old, and who has hip dysplasia.

This year's winning design tallied well over a massive 900 votes!



Cheyenne's "Hip Dysplasia Strong" Winning T-Shirt Design

For more information on our website, and to read about Audrey's Hip Dysplasia journey, click the link below!

[Click Here!](#)



## The "Hip Dysplasia Strong" Shirt

Cheyenne's design celebrates the individual and collective strength of patients and families navigating their hip dysplasia journeys, and the family, friends, medical providers, and other community members who provide support. Join us in sharing and celebrating what it means to be "Hip Dysplasia Strong" but purchasing a team tee shirt and wearing it on October 14, 2023 to spread hip dysplasia awareness all over the world!

# Hip Dysplasia Strong Shirt



## What?

Join us in sharing and celebrating what it means to be “Hip Dysplasia Strong” by purchasing a team t-shirt and wearing it on October 14th, 2023 to spread hip dysplasia awareness all over the world on our International Day of Movement 2023!

## Where?

Get yours today! Buy a “Day of Movement” shirt and help bring awareness to the world and show what it means to be “Hip Dysplasia Strong!”

[\*\*Shop Now\*\*](#)



## When?

Day of Movement 2023 Team T-Shirts available through September 14, 2023



Going the extra mile for hip dysplasia.



# GET INVOLVED!



Follow us on social media.



Participate in annual Pass the Crutch Video and Hip Dysplasia Awareness Month games, quizzes, and interviews.



Share your hip dysplasia story.



Buy a Team Tee Shirt to raise awareness and join our Day of Movement.



Host a Day of Movement family, friend, or community event.



Help develop educational and informational resources.



Become a Miles4Hips "Champion" and fundraise for the International Hip Dysplasia Institute.

Learn more!



email us: [miles4hips@gmail.com](mailto:miles4hips@gmail.com)

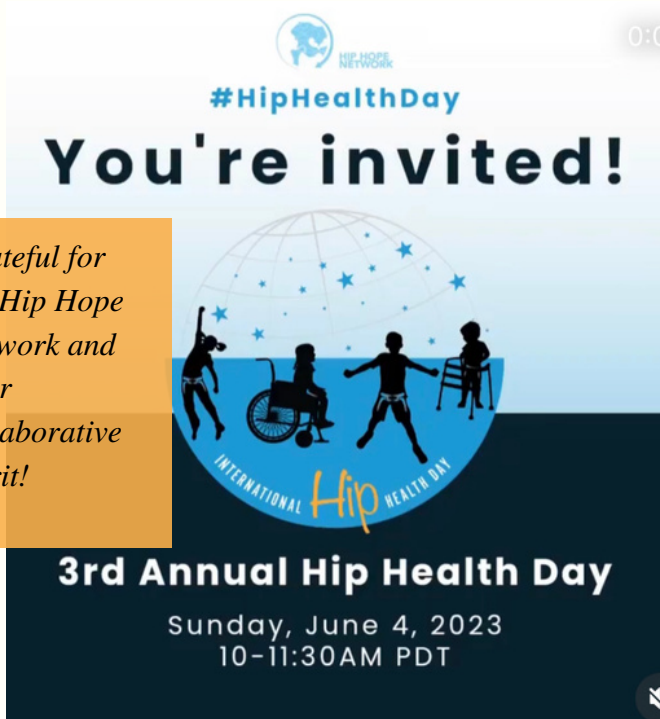
fill out a form to connect:

<https://hipdysplasia.org/volunteering/>





# INTERNATIONAL HIP HEALTH DAY - JUNE 4, 2023



*Grateful for the Hip Hope Network and their collaborative spirit!*

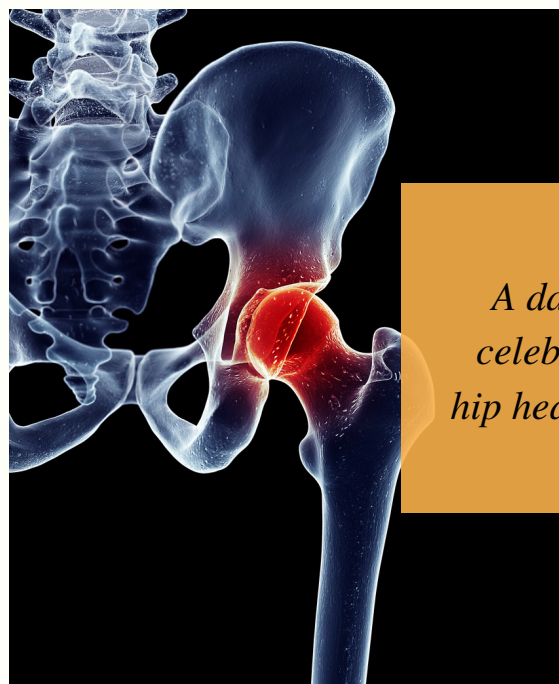
## 3RD ANNUAL HIP HEALTH DAY

The 3rd Annual Hip Health Day by the Hip Hope Network took place on June 4th, 2023. Hip Health Day celebrates individual and global contributions from the hip health community related to advocacy, clinical work, and research, as well as raising worldwide awareness about pediatric hip conditions. Hip Legends from around the world were recognized for their commitment to hip health advocacy, education, and research, including long-time Miles Hips collaborator, Laura Rutterford, from [Help for Hip Dysplasia](#).

## PRESENTATIONS

Miles4Hips Board Member, Nancy, discussed how Miles4Hips is changing hip health through our dedication to raising hip dysplasia awareness, creating resources for the hip dysplasia community, and our strong collaboration with the International Hip Dysplasia Institute (IHDI). Nancy highlighted our focus on education and empowerment, awareness and advocacy, and ways that Miles4Hips is fueling participatory medicine through education and collaboration.

Dr. Pablo Castaneda was welcomed in as the new director of the IHDI and shared his passion and vision for the future of this incredible organization.



*A day to celebrate hip health!*

[click here to watch the presentations!](#)



# Miles 4 Hips

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