

# AWARENESS

Events to Look Forward to From Us!



## Creating a Culture of Innovation

By Kaya Frazier, Board Member



2024 Day of Movement Winning T-Shirt Design, by Emma

IN THIS ISSUE

**RECAP OF HIP DYSPLASIA AWARENESS MONTH**

Pages 2-3

**DAY OF MOVEMENT 2024 - ALL YOU NEED TO KNOW!**

Pages 4-7

**FEATURED PATIENT STORY - MEET SOFIA!**

Page 8

**HIP DYSPLASIA IN THE MEDIA - "HERE TO CLIMB"**

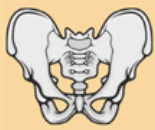
Page 9

**"STRAIGHT FROM THE HIP" - AN IHDI PODCAST**

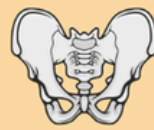
Page 10

# HIP DYSPLASIA AWARENESS MONTH RE-CAP June 2024

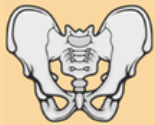
June was hip dysplasia awareness month. Thank you to everyone for following and joining in on our month-long activities and festivities. Highlights included:



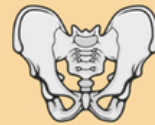
Tee Shirt Design Competition



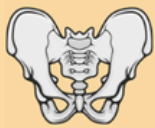
Celebrating Int'l Hip Health Day



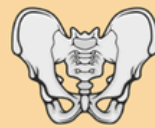
Games and Quizzes



New Day of Movement Prom Video



Prize Drawing



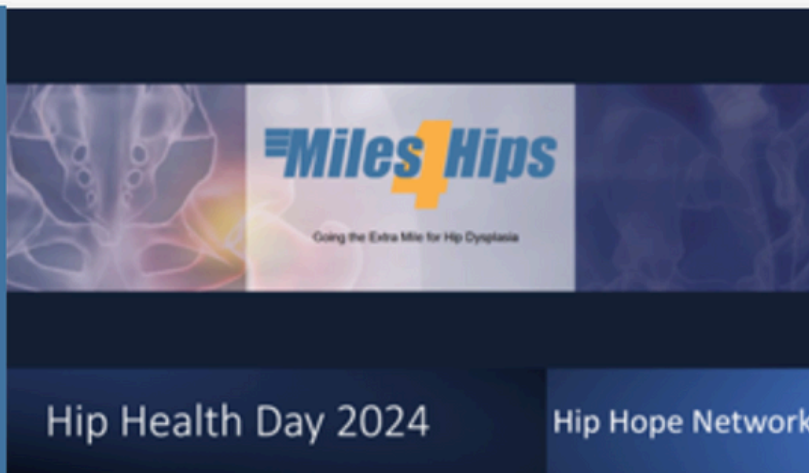
Week of Gratitude



# Miles4Hips

JUNE 2, 2024

# INTERNATIONAL HIP HEALTH DAY



## ABOUT THE EVENT

The 4th Annual Hip Health Day by the Hip Hope Network took place on June 2, 2024. Hip Health Day celebrates the 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 and spreading awareness.

## MILES4HIPS AT THE EVENT

Miles4Hips was invited to present about our work and our mission. Our Board Member, Lauren, 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. Lauren highlighted our focus on education and empowerment, awareness and advocacy, and ways that Miles4Hips is fueling participatory medicine with our initiatives, such as Team Week. The presentation also included ways for patients, healthcare professionals to get involved with Miles4Hips / hip dysplasia awareness.



Join us to celebrate  
**#HipHealthDay**  
on June 2

**LEARN MORE**



# JOIN US OCTOBER 12TH, 2024!



# DAY OF MOVEMENT 2024

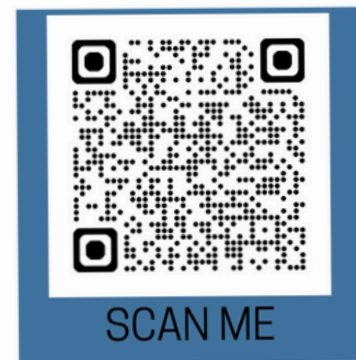
TEAM TEE SHIRTS ON SALE STARTING AUGUST 1st


 A circular logo with the text "HIP HIP HOORAY!" at the top and "DAY OF MOVEMENT 2024" at the bottom. The center features a stylized illustration of a hip joint with two hands holding it.

ADVOCACY  
MOVEMENT  
COMMUNITY  
AWARENESS

OCT  
12  
2024

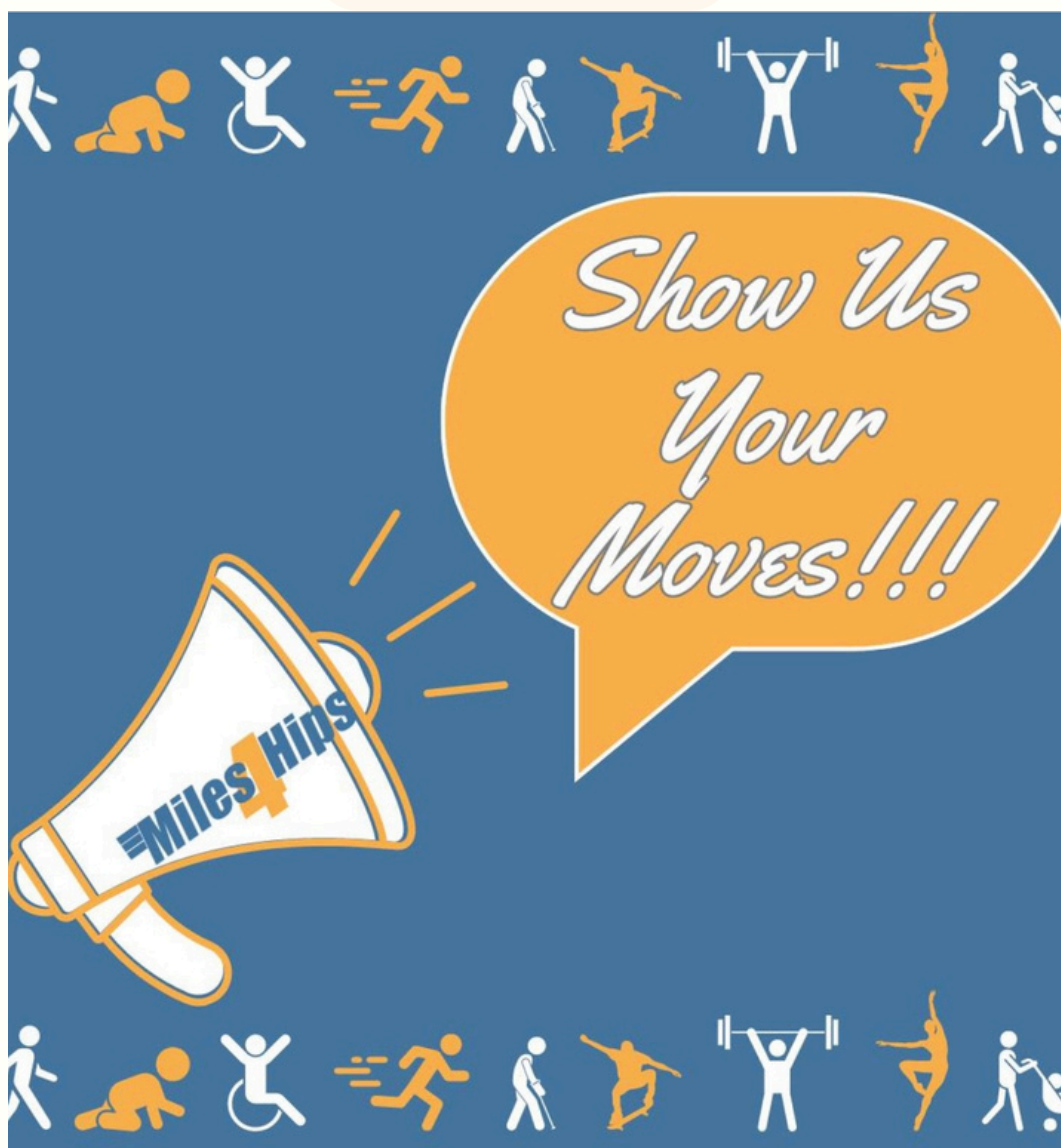
JOIN VIRTUALLY OR CHECK OUR IN-PERSON MEET-UPS



[LEARN MORE!](#)


 A blue button with the text "LEARN MORE!" in white, underlined. A white hand cursor icon with a black outline is pointing at the end of the button.

# CHECK OUT OUR NEW DAY OF MOVEMENT PROMO VIDEO!



HOW DO YOU PLAN TO  
MOVE ON OCTOBER 12TH?



Congratulations to Emma on her winning t-shirt design for our 2024 Day of Movement team t-shirt. Below, Emma shares about her personal hip dysplasia journey and the inspiration behind her winning design.

## The Winning Design!



"Hi, I'm Emma, a high school graduate from Wetumpka Alabama. I was born with bilateral hip dysplasia and started having flare-ups about 4 years ago. This June, I was able to have my left Periacetabular Osteotomy (PAO) after years of doctors and steroid injections."

"It felt like such a God wink that my rescheduled date for my PAO was set for June 12, in the middle of hip dysplasia awareness month! I started my journey to recovery last year and had a surgery date set for January of this year, but it was canceled during pre-op."

"I chose the phrase 'hip hip hooray' because it's a positive outlook on each individual's situation. For me, mid-recovery and on a walker, it is a reminder that better days are ahead and that one day I will be the same athlete, if not an even better one, than I was 2 years ago. The heart, while acting as an attention drawer to someone who might not know what hip dysplasia is, is actually placed over my operative hip, as a symbol of gentleness and the amazing love shown by my care team, friends, and family! I hope that my design encourages people in all stages of their hip journey to say, 'You are not alone, and things will get better!'"

# Support the IHDI by Buying a 2024 Day of Movement Team T-Shirt!



## DAY OF MOVEMENT 2024 T-SHIRT SALE



COLORS AVAILABLE



ORDER BY 9/7/24

[Click to Shop!](#)

**Participating in the Day of Movement is easy! Buy a team tee shirt and then wear it on October 12th when you go for a hike, go for a run, push a stroller, roll in a wheelchair, crutch up the block, hit up the playground, get on a bike, have a dance party, do some gardening, or get in some physical therapy. Every movement counts!**

# MEET SOFIA!



**SOFIA IS AN ACTIVE TEENAGER WHO IS RECOVERING FROM PAO SURGERY. SHE REQUIRED A BLOOD TRANSFUSION AFTER SURGERY AND ENCOURAGES PEOPLE TO DONATE BLOOD AND PLASMA IF THEY CAN, SINCE SHE TRULY UNDERSTANDS THE BENEFITS OF THIS GIFT.**

CHECK OUT OUR WEBSITE TO READ SOFIA'S FULL STORY AND TO READ MANY OTHER PATIENT AND FAMILY STORIES!

[Read More!](#)





# "Here to Climb"

By Ashley Spalla, Board Member

"Sasha DiGiulian's climbing journey was recently developed into an HBO documentary called "Here to Climb." The movie documents her journey as a professional female climber and also shows the challenges of her hip dysplasia diagnosis, surgery, recovery and journey back to climbing. You can watch the film trailer here:



Sasha DiGiulian is a world-renown, professional, female climber from Boulder, Colorado. A few years ago Sasha was diagnosed with hip dysplasia and underwent five surgeries in one year to improve her symptoms and function. Sasha shows how perseverance and determination can pay off as she was able to return to professional climbing. Now, Sasha is back at it! She continues to seek out some of the most famous and difficult climbing routes in the world and showing her true strength!

[Sasha's Website!](#)

CHECK OUT THE PODCAST FROM IHDI DIRECTOR,  
DR. CASTANEDA!



# Straight From The Hip

pablocastaneda

Follow



This podcast is for anyone who wants to learn more about pediatric hip problems, including developmental dysplasia of the hip (DDH), slipped capital femoral epiphysis (SCFE), and other conditions. I'll be interviewing experts in the field to get their insights on the latest treatments and research. I aim to empower physicians, providers, and parents with the knowledge they need to make the best decisions.





FOLLOW US ON SOCIAL  
MEDIA



**YOUTUBE**



**FACEBOOK**



**INSTAGRAM**

**[OUR WEBSITE](#)**