

AWARENESS

Events to Look Forward to From Us!



Creating a Culture of Innovation

By Kaya Frazier, Board Member



T-Shirt Contest Winner: "Stronger Together"

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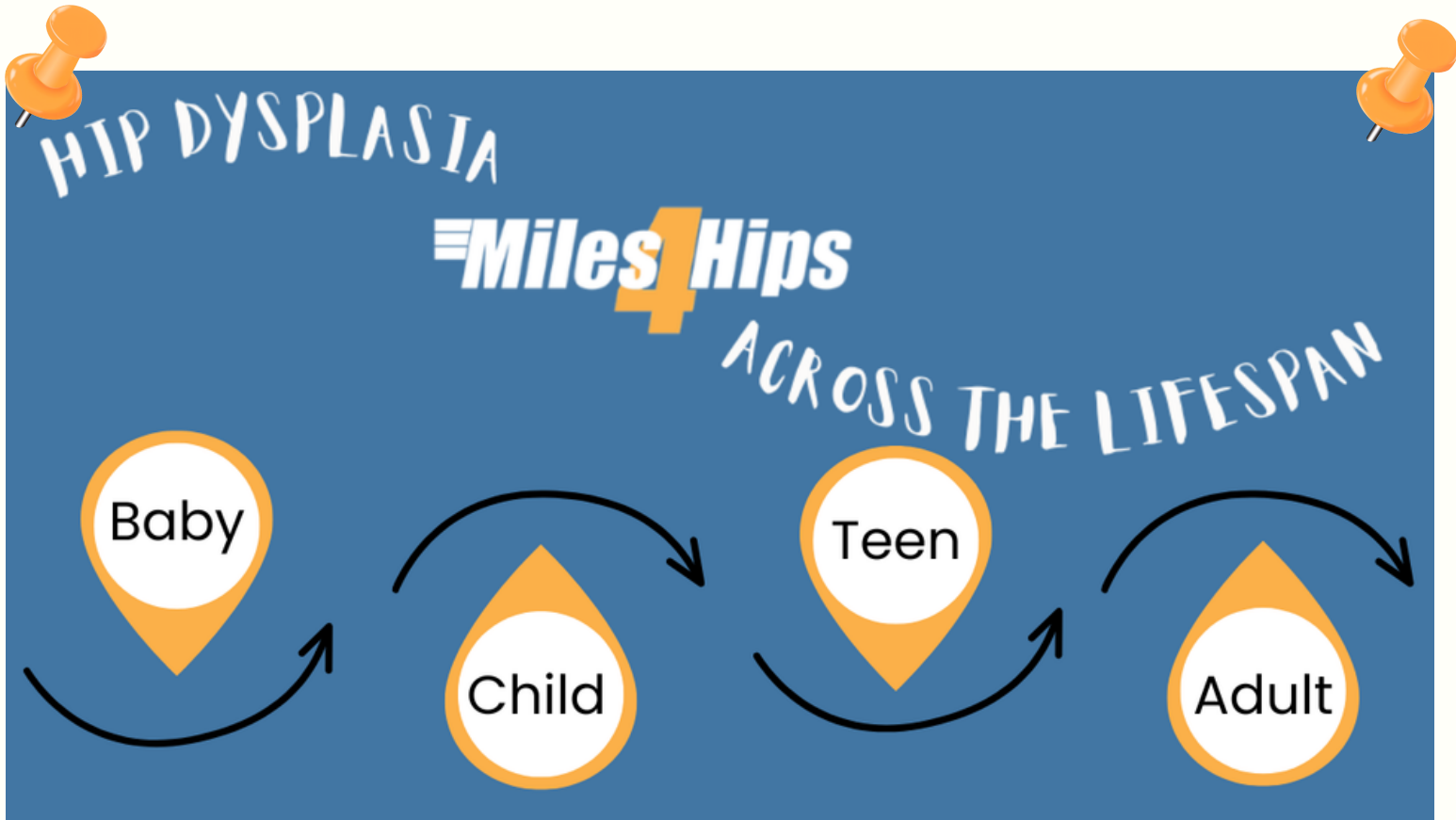
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Welcome to our 2026 Educational Week!

This year we are dedicating a full week to learning about hip dysplasia across the lifespan. Learn about screening, symptoms, diagnosis, treatment options, and the real-life impact of this condition from birth through adulthood. Click the link below for the full week of educational resources!



[Click Here!](#)

Hip Health Day Recap

Working together to advance hip health worldwide

June is Hip Dysplasia Awareness Month, and the Hip Hope Network once again united patients, clinicians, researchers, and advocacy organizations worldwide for the 6th Annual Hip Health Day. The virtual event celebrated the hip health community and showcased the power of collaboration to advance awareness, education, research, and patient care.



**HIP HOPE
NETWORK**

Miles4Hips Year in Review

During Hip Health Day, Miles4Hips shared updates on our expanding educational resources, growing global community and partnerships, new patient-centered initiatives, and research collaboration with HIPpy Lab.

Hip Dysplasia Awareness Month 2026

Throughout June, Miles4Hips raised awareness, shared knowledge, and supported our community in many meaningful ways.

Here's a look at what we accomplished together!



Daily Social Media Posts

Daily Facebook and Instagram posts were shared throughout the month to educate, inspire, and raise awareness.

1



International Hip Health Day

Board member, Lauren Schoeller, represented Miles4Hips at the Hip Hope Network's annual Hip Health Day to celebrate advancements in global pediatric hip health.

2



Patient Stories

Five new patient and family stories were published, sharing real experiences and hope.

3



T-Shirt Contest and Fundraiser

We sold more than 60 "Stronger Together" T-shirts and raised over \$500 for the ISHA Hip Preservation Society.

4



Educational Resources

New and updated educational resources were released to provide evidence-informed information and support.

5



"Wrong Hips, Right Life" Book Club

We hosted a special book club with author Allison Dowdy to discuss her book, share stories, and build community.

6

Together, we are stronger!

Thank you to everyone who participated, followed, contributed, shared, and supported our mission.

Meet Alice

Our 2026 "Stronger Together" T-Shirt Designer



"Through my platforms, I hope to help people better understand hip dysplasia and encourage earlier diagnosis and treatment."

— Alice



[Meet Alice!](#)

Check out our newest stories



Meet Colette [🔗](#)

After a successful recovery from her first PAO and returning to her nursing career and marathon running Colette is now navigating recovery from her second PAO. Through every challenge, she continues to celebrate small victories and looks forward to returning to the activities she loves.



Meet Myles [🔗](#)

Diagnosed with hip dysplasia as a newborn, Myles has faced a lifelong journey that includes failed early treatments, major surgery, ongoing hip instability, and the added complexity of a rare neurological condition. His mother shares the realities of caregiving, navigating difficult decisions, and finding hope and joy while focusing on comfort, function, and quality of life.



Meet Donna [🔗](#)

Sixty years after the surgery that allowed her to walk, Donna shares a deeply personal reflection on life with hip dysplasia. Her story highlights the challenges, resilience, and courage that have shaped her journey.

[Click here to read their stories](#)
[and many more on our website:](#)

**ONE OF THE MOST
COMMON QUESTIONS
PATIENTS ASK BEFORE
SURGERY IS: "WHAT
SHOULD I BRING TO THE
HOSPITAL?"**

**OUR HIP DYSPLASIA
SURGERY HOSPITAL
PACKING LIST WAS
CREATED BY PATIENTS FOR
PATIENTS AND COMBINES
PRACTICAL TIPS AND
FAVORITE COMFORT ITEMS
RECOMMENDED BY THE HIP
DYSPLASIA COMMUNITY TO
HELP YOU PREPARE FOR
SURGERY AND RECOVERY
WITH CONFIDENCE.**



**[Click here to download the
packing list & more:](#)**

HAVE YOU CHECKED OUT OUR HIP SURGERY HOSPITAL PACKING LIST?

CREATED BY PATIENTS, FOR PATIENTS



8th Annual Day of Movement OCTOBER 24, 2026

Join our virtual, worldwide movement celebration! Invite friends, family, neighbors, colleagues, and healthcare teams to raise hip dysplasia awareness together.

Move Your Way:

Walk · Run · Bike · Stroll · Roll · Garden

Dance · Swim · Skate · Lift · Stretch

However you like to move, this day is for you!

**Follow us on our website and social media
as we gear up for this year's event!**

Want to organize a local Day of Movement event or fundraiser?

Email us at **miles4hips@gmail.com**



Thank You!



To our amazing community—thank you for taking the time to participate in our research survey!



Your insights are helping us better understand the lived experiences of adults with hip dysplasia.



The survey is now closed and we are beginning data analysis.



Your participation is invaluable and helps drive better care, support, and outcomes for the hip dysplasia community.



We appreciate you!

Together, we're shaping better care and support for the hip dysplasia community.



A BIG SHOUTOUT TO THE HIPpy LAB!

Thank you to the HIPpy Lab for their incredible support in making this research possible. Your partnership helps us turn lived experiences into meaningful change.





Miles4Hips

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