



Onward! Navigating Hip Dysplasia, PAO Surgery and Beyond (The PAO Project(TM) Series) (Volume 1)

Jennifer Lesea-Ames

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“Hip dysplasia, isn’t that a dog’s disease?” Those suffering from chronic hip pain often attribute the pain to activity levels or age and may be misdiagnosed by health care professionals. For 10 years, I attributed my chronic hip pain as part of being an athlete, taking on the mentality of "no pain, no gain." It wasn't until I was unable to walk when I finally decided to seek medical attention. When I was diagnosed with bilateral hip dysplasia at the age of 39, I was in complete shock. Like many others, I thought hip dysplasia only existed in canines! My next steps included extensive research, interviewing six surgeons, and two periacetabular osteotomy (PAO) surgeries. PAO surgery has been regarded as one of the most invasive and complex elective orthopedic surgeries in existence, with a long rehabilitation period. I quickly learned that I needed resources and support, and learning about other PAO Warriors' experiences was a lifesaver. This anthology of vulnerable, authentic stories is a labor of love and aims to support people with chronic hip pain, those preparing for hip surgery, as well as the partners and families of these individuals.

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