

Perspective on the PAO Journey and the PAO Facebook Group

Dear Fellow Hip Warrior,

I truly and honestly believe everyone's hip journey is vastly different, very individualized (as it should be) and very open to interpretation by others, including the surgeons themselves. So as much as opinions are welcome (I know I appreciated opinions for my journey), I know it's hard to grasp all these opinions with an open mind when we are just hurting and want the hurt to stop. Plus, they are just that: opinions. Even if people share the same surgeon, had surgery the same day, week, month, or same angle of correction, nothing is or will be the SAME. The only opinion that holds any value or any weight is your own opinion and that of the surgeon you choose. Only you and your surgeon are in that room for every meeting. What is discussed, and how and why it's discussed, are big. Trust me, I know how hard all that is. From the moment you begin your hip journey, pieces to the puzzle are being generated, and medical opinions are being formulated complete the puzzle to fix your hips.

I have the utmost respect for everyone in our PAO Facebook support group. Our empathy is far and wide, but the main idea of having issues after a PAO is just hard in general to accept and hard to talk about with an open mind, open heart, and in an open forum. As the patient, you need to be your own advocate to pursue the answers you want, take in all the advice given, and then transform these answers and advice into manageable chunks of knowledge to analyze, based on your own journey. Remember that your gut instinct will get you each answer you seek. The only way in is through, and surgeons can have all the X-rays or scans in the world, but they truly cannot "do" or know more until they see inside. There's a plan, but this plan can change.

At the end of the day, remember to talk with YOURSELF, know what YOU want, and put YOU at the forefront! What is important is YOU! Fight YOUR fight for YOUR hips! I know you can do this! I know you value yourself and you value your life, so plant a new seed of hippy hope for a new hippy outcome. New goals lead to new outcomes.

With love and support,

Jenni Wong
Fellow PAO Warrior and Cheerleader