

I can still remember the day my daughter Grace came home from gymnastics practice telling me she hurt her hip doing a round off dismount on the beam. She was a level 7 gymnast practicing 20 hours a week. Over the years she had broken her hand, her foot, and had severs and plateler tendinitis. My first thought was that with a little ice and rest she would be fine. Two weeks later she was once again back in physical therapy for what we thought was a muscle strain. I had an excellent physical therapist who referred me on to Dr. White for further evaluation. I am still so thankful for her, now that I understand how people can go for years in pain, not being able to do what they love to do, because they are unable to get an accurate diagnosis and the necessary surgery. She is doing great, and I know that the key to her successful recovery laid in the hands of her highly skilled surgeon Dr. White, her patient and caring physical therapist Will, and her own commitment to her recovery.

Like most mothers, I spent the first couple weeks on the internet reading everything I could find about labral hip injuries and surgery. I found lots of useful information as well as stories of personal experiences with the injury and the surgery. After a couple weeks I was scared and exhausted, but came to the important conclusion that I needed a surgeon with special training in arthroscopic hip labral repairs, and that is when we knew we had found the right doctor, Dr. White. I appreciated that he took the time necessary to make sure that surgery was the right path for her. Of all the orthopedic surgeons we had seen over the years due to various injuries, and there have been more than I want to admit, he has been the most compassionate and caring. I felt like Dr. White was with us the entire process and took a special interest in my daughter. Any question I had, and as a parent I had several, he would patiently answer in all the details I needed to be reassured.

After surgery, came the hard part, the 4-6 months of rehab. To a 12 year old who would rather be hanging out with her friends, going to physical therapy and doing the exercises at home, could sometimes be a struggle. Thankfully, her physical therapist Will was able to make the most of it for her, keep it fun, and keep her wanting to go. I appreciated how he would answer questions for me outside our visit. It is surprising what comes up for a 12 year old patient, for example, "can I go to water world, what about indoor sky diving, and even, can I go curling in Alaska?". She had fun texting him with all these questions, and he was never bothered by it in the least. Most importantly he made sure she did not do too much too soon and challenged her at the appropriate time.

The most committed person to the process was my daughter Grace. The success of her recovery really depended on her. She was diligent about following Dr. White's instructions, wore the hip brace for six plus weeks even when there were days she felt more than awkward, and followed-up with all the physical therapy exercises. Grace has had a full recovery, but after being injured repeatedly over the years in gymnastics, she made the difficult decision to move on to a new sport. She is now on a competitive diving team. I enjoy watching her do 1 ½ inward dives on the 3 meter just as much as I had enjoyed watching her do layouts, giants, and tsukaharas in gymnastics. It has been a long journey for her and I am so thankful to see her active and happy again