

Adalynn Cole age 10 bilateral femoral anteversion:

I've been a patient at the Shriners Children's since I was three years old but I didn't have my surgery until I was 9. I found out because my parents told me my leg didn't turn right as I was growing. I had to have a femoral de-rotational osteotomy on my right leg. Dr. Sousa listened but made me do physical therapy before surgery for six long months so I could get strong. I was so scared but when I was meeting my anesthesiologist she was so nice, and I also met somebody who asked what I liked and I told her and she was so nice about everything. On the day of my surgery I was really scared but the best part about that day was that I got to come to the hospital in my pajamas. Then after my surgery the girl that I met got me two stuffed animals and a pillow and a blanket. I sleep with the blanket every night because



it is so special to me. During the days I was in the hospital were great. The food was great, and the nurses were great and I loved it. I got to watch movies and when it was the last day I was sad but happy at the same time. I was in a lot of pain, but I had a physical therapist to help me walk and I was handed a walker. On the first try I fell but it didn't stop me because nobody should give up. I didn't give up and on the second try I did it. I didn't walk down to leave but I was in a wheelchair and when I went back to school everyone was helping. One of the Shriners is my neighbor, and he always checks up on me all the time and everything was awesome. So, it's okay to be scared, because even though it might seem scary, it isn't as scary as it seems. I am happy that I got to run in 2 races last year and played volleyball this winter. I will have the same surgery on my left leg in April. I am still a little scared, but I know that they will take good care of me.

Just before Adalynn was 3 she was walking in front of Shriner Laris Roberts. He stopped me and asked, "when are we going to fix her legs?" in a few short weeks Adalynn was at a local clinic for screening then off to Spokane for further evaluation. We had no idea the overwhelming care and love that was coming our way. We were treated like family from the first moment. Always welcomed, helped, all questions answered. Her diagnosis was a waiting game to see how she was at age 8. The gait lab testing in Spokane really put the issue in perspective. Our neighbor and Shriner Aaron Larson has been a constant through this to make sure that anything we would need from the Shriners Children's is taken care of. Her local Physical Therapist Levi Oblander, at Intermountain Healthcare, has been her biggest fan. There is not enough thanks to be given. Adalynn has been in PT for over a year and he is a saint to put up with her big personality. A big thank you to Dr. Sousa and the amazing staff at the hospital. You really have made Adalynn's future better.