

# DONNA'S STORY

## Maintaining an Active Lifestyle with Hip Replacements



Donna S., 70, of Titusville, Pa., had been dealing with increasing hip pain for nearly 20 years. She and her husband had an active lifestyle with a busy catering business and a love of long walks. The desire to continue life at this pace pushed Donna to see a doctor she's known for many years at UPMC and face her hip pain head on.

Robert Woods, DO, an orthopaedic surgeon specializing in total joint replacement, sees patients at Orthopedics and Sports Medicine Associates - UPMC in Franklin and Meadville.

When imaging tests revealed bone spurs on both of Donna's hips, severe arthritis, and very little remaining cartilage, she decided to have both hips replaced.

"Both times I left the hospital the same day of surgery. There is some pain from the incision and muscle soreness, but it's amazing how the actual hip pain was completely gone as soon as I woke up from the surgery," Donna says.

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**It's well worth the outcome. There is light at the end of the tunnel. Hands down, I trust Dr. Woods to help me maintain my quality of life.**

Donna met with an occupational therapist before leaving, who provided her with mobility tools to help with daily life. She is dedicated to her physical therapy exercises.

After going through this process, Donna shares that she'd encourage anyone with hip pain to go get it checked out — and not to wait.

Take the next step to a more pain-free life by visiting [UPMC.com/YourMoveNorthwest](https://www.upmc.com/YourMoveNorthwest) or calling **814-437-2191**.

