

“To do things right, first you need love, then technique.”

– ANTONI GAUDÍ

Silver dress by Brunello
Cuccinelli from Neiman Marcus

BOSS LADY

DR. LAUREN MATTEINI, founder of Boss Lady Docs, leads a thriving network of more than 200 female physicians in the Chicago area. As a fellowship-trained Orthopaedic Spine Surgeon, she is celebrated for her expertise in motion-preserving techniques ensuring swift recovery and minimal discomfort. A Georgetown University School of Medicine alumna, she is board-certified by the American Board of Orthopedic Surgery and a fellow of the American Academy of Orthopaedic Surgeons and the American College of Surgeons.

Most rewarding part of what you do? Hearing from patients that I've changed their life or given them their life back is incredibly rewarding. So many of us take our health and mobility for granted, but nothing humbles us more quickly than pain. When I'm able to free a patient from discomfort and physical limitations, it's one of the most satisfying things I can imagine.

Definition of success? That's a multi-faceted question! A successful day for me typically means I spend most of my time in surgery, then seeing post-op patients to check in on their recovery, and ideally perhaps an appointment with a patient I know I can help. For a successful life, it's utilizing every bit of my knowledge and experience to make someone's life better, being healthy both physically and mentally, leaving no puzzle unsolved, and being good to the people I love and receiving that in return.

Traits great leaders possess? I would say humility, the ability to be fully present and accountable even in tough situations, being able to listen to what's being said and what isn't, and the ability to inspire others authentically and genuinely.

Habit you've adopted that has had a significant positive change in your daily routine? Yoga has brought a positive transformation to my life, enhancing both my physical and mental well-being.

For more information, visit fvortho.com and follow @drlaurenmatteini and @boss_lady_docs on Instagram.

