



Is it Time for Total Hip Replacement (THR)?

Please watch [How to decide whether it is time for Total Hip Replacement](#) for help completing your checklist.

Is my quality of life degraded? <i>Circle all that apply:</i> <i>Other:</i>	☐ Not at all ☐ Somewhat ☐ YES! Social, Family, Work, Intimacy, Sleep, Fitness _____
Is my hip making decisions for me? <i>Example:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Does my hip prevent me from performing my daily responsibilities? <i>Example:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Is my mental health or physical fitness suffering because of my hip? <i>Example:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Am I worried about medications I'm taking due to my bad hip? <i>What worries you?</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Is my hip/pain negatively affecting the people around me? <i>Example:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Is my hip bone-on-bone?	☐ Not at all ☐ Somewhat ☐ YES!
Does my surgeon think it's time?	☐ Not at all ☐ Somewhat ☐ YES! Tip: If not, do I need an MRI or a second opinion?
I do not have any other medical issues preventing surgery due to risk. <i>List other medical issues:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
I am NOT too old or too young for Total Hip Replacement <i>Why?</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
Can I afford hip replacement?	☐ Not at all ☐ Somewhat ☐ YES!



Will THR resolve MY pain? <i>Describe your primary pain:</i>	☐ Not at all ☐ Somewhat ☐ YES! _____
But wait, my hip feels better today, should I put off surgery again?	☐ Not at all ☐ Somewhat ☐ YES! Tip: If you answered YES!, rewatch this video How to decide whether it is time for Total Hip Replacement

You are in charge of your healthcare, so only you can decide if it is time for Total Hip Replacement (THR). I hope that going through this exercise has helped you organize your thoughts so that you can make the best possible decision for your unique situation.

As soon as you decide to go forward with THR, make sure to sign up for Your Hip Journey on HipVlog.org and use this [Pre-Op Checklist video](#) and [PDF](#) to start preparing for a successful recovery and a return to doing the things you love with the people you love.

Best Wishes, Pete



More resources and information

Website: hipvlog.org

YouTube: [@Peteshipvlog](https://www.youtube.com/@Peteshipvlog)

Facebook: [Hip Replacement Support](#)

Instagram: [HipReplacementVlog](#)

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This is not a substitute for professional medical
advice, diagnosis, treatment, or care.
Please seek info from your doctor.