



## Helpful Hippy Newsletter

By Pete Zierz

This is my very first newsletter, so I ask for your patience as I figure out the best format, frequency, content, etc. My goal is always to be helpful and I hope to build a relationship with you around common interests outside of hip replacement. Feel free to email me your thoughts on this as we go where no one has gone before.



**Good morning {{  
contact.FIRSTNAME }},  
Grab a cup and read on...**



**Ask:** With over a million hip replacements each year worldwide, please forward this newsletter to at least one person who needs it today.

**Offer:** If you received this newsletter from another, you can [subscribe here](#).

[UPDATE]



## Hip Q&A

### These are some real gems

Q: Jane asks *"I'm six months post-op and just started experiencing thigh pain. Is this normal?"*

A: It was a bear to recover from this! For more info watch this video: [How to AVOID SETBACKS after Total Hip Replacement](#) ⚠️

Q: Lissy asks *"Do you ever get the impression that family and friends regard this procedure as 'no big deal' and 'it can't be that bad as you are in and out of hospital in one or two days'?"*

A: Absolutely! Total Hip Replacement (THR) is major surgery, but modern muscle-sparing and minimally invasive techniques mean that all the damage is internal. It's not just friends and family this confuses, we hippies often don't appreciate it fully which sometimes results in us

feeling so good that we overdo it and suffer setbacks. You could wear a fake cast, or share this [Hip Journey Roadmap](#) to help them understand.

Got a question? Shoot me an email



## My Latest Videos



## What I'm Reading, Listening To, Watching, and Thinking About

What do you think we should call this newsletter?

I recently watched the movie Gran Turismo - twice! Gran Turismo is a very realistic video game for car racing - technically it is a simulator. The movie is a true story about a contest to find the best player of the game and give them an opportunity to race real race cars competitively. My wife recommended it to me after watching it on a flight, so it doesn't matter if you like cars or video games, it is just a great movie. I liked it so much after watching it with my wife, that we watched it again a week later with the whole family.

If you haven't seen it already this Playdoh Hip Replacement video is precious, informative and not gory!



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## Free Resources

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You can find a lot more helpful resources on my companion website.

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## Step 4.

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## Love from Paris, Doe

creator and journalist

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### ▼ Relevant topics



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#### Disclaimer

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice,

diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program.

## Pete's Hip Vlog



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