



## Helpful Hippy Newsletter

By Pete Zierz

If you have any suggestions for the newsletter such as format, frequency, content, etc., please send me an email. My goal is always to be helpful and I hope to build a relationship with you around common interests outside of hip replacement.

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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](#).

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## Hip Q&A

### These are some real gems

Q: Annie asks "I'm 2 weeks PO. I'm doing my exercises and a little bit of walking, but I have a pain in my groin all the time. I thought the operation would eliminate that?"

A: Groin pain was my primary pre-op symptom and is often due to referred Femoral Nerve pain. The nerve gets confused as it passes through the inflamed hip joint and you feel it in your groin. I still had groin pain after my hip surgery, so my doctor said that I could resume taking a prescription NSAID "for as long as necessary." After about two weeks, that groin pain went away for good! For tips on resolving or managing pain, check out my latest video

<https://youtu.be/H0mD3NEg-8g>

Q: Carter asks "Has anyone got ahold of their Femoral Head that is removed during Total Hip Replacement?"



A: Some hippies have gotten crafty with their femoral heads. Check out the walking stick someone topped with theirs. I tried to get ahold of mine with fantasies of turning it into a gearshift knob, but the hospital would only release my 'remains' to a funeral home and the funeral home wanted to charge me the same price they would charge for a full cadaver (\$500), so I didn't pursue it.

Got a question? Shoot me an email



## My Latest Videos



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

Hip Replacements generally have very good outcomes, but these two comments were posted just a couple hours apart and offer a reminder that everyone's journey is different...

@jrreally • 8 hours ago

I had my hip replaced about 11 months ago. Worst thing I've ever gone through. My ROM is way down from pre-op, and I went from pain free to 6-9/10 pain on everyday, wakes me at night. Have not been able to get back to my activities, and I'm not pain free, and I will never do another hip or other joint. I am telling everyone to take a hard look and realize the chance for failure

Reply

0 replies ▾



Total Hip Replacement  
monthly progress and  
LESSONS LEARNED

@raissamarking-fg9wl • 12 hours ago

Just came across this video today—it is great. I am at 3 months post op. It went very well, but I think in the last two weeks I haven't been walking enough. I am getting back to it!! I did have physical therapy and found it very helpful to motivate me as the last year before surgery I was in so much pain that I didn't do much exercising. I had been suffering with pain since 2021. This has been a life-changing experience. I am thrilled.



Total Hip Replacement  
monthly progress and  
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My wife and I enjoy watching **Guy's Grocery Games**. It's light entertainment and Guy Fieri is always so gracious to his guests. On the topic of cooking shows, we have also watched all 20+ seasons of **Top Chef**. What are you watching?

Speaking of gracious hosts, did you know that our fourth First Lady, Dolley Madison, laid out a feast for the advancing British soldiers who were burning the Capitol during the War of 1812, just before she evacuated the White House. She always loved entertaining and often served ice cream with flavors like Oyster and Asparagus! And president John Adams had a dog named Satan and a horse named Cleopatra! This is from a book called **Confronting the Presidents** by Bill O'Reilly. The book goes over every president, so they only get a few pages each, but they're packed with fun little facts and highlights like this.

This weekend I decided to update our retirement plan, so I spent quite a bit of time figuring out the best software for this. I really enjoy watching **Rob Berger** on his Financial Freedom channel on YouTube, so watched several of his videos as part of my research. Ultimately, I decided to use the same software he uses - something called **Boldin** (formerly New Retirement) and spent a few hours yesterday creating our retirement plan. It was eye opening to say the least.



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## Testimonial



@mickkollins  • 22 hours ago

THANK YOU Pete! This blog of yours is such a gift to so many people. There is nothing like it! You are a godsend!! There is more info here than most doctors or PT people will impart...mostly because they haven't gone thru it themselves. I'm getting my right THR on Aug 20...bone on bone...so good to hear that its a quicker healing time..I'm so excited to get it done..while laying up I will be watching all your videos...God Bless you and thank you!



Wishing you all the best in your hip journey,  
Pete

P.S. Feel free to hit reply and send me a message. I read every email.



### 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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